

COOKING  
IN  
STONEWARE  
AND IN PAPER BAGS

E. HERMAN SPINN

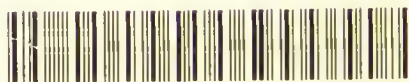
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COOKING  
IN  
STONEWARE  
(CASSEROLE COOKERY)  
AND COOKING IN  
PAPER BAGS

BY  
C. HERMAN SENN, G.C.A.,

Author of "The New Century Cookery Book,"  
"Practical Gastronomy," "The Menu  
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Popular Cookery Book,"  
"Recherché Dinner  
Sweets," "Potato  
Cookery," "The  
Art of the  
Table,"  
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# COOKING IN STONEWARE

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## *Cooking in Stoneware.*

**T**HIS branch of cookery is frequently called casserole cookery, but "cooking in stone or earthenware" would be more correct. Although very ancient, this class of cookery is becoming exceedingly popular at the present time. Kitchen pottery fills an important mission in the present day



cuisine, for cooking performed in an earthenware fireproof pot has many advantages over that performed in a metal pot.

A kitchen equipped with fireproof stoneware casseroles in plenitude for the various kinds of its capable service may be truly described as having an odour of purity and a fascination with a sense of cleanliness. Earthenware or stoneware pots were unquestionably the first used for cooking purposes, and all that the substitution of other materials could offer in their stead, through invention and discovery, such as copper, brass, iron, steel, nickel, tin, aluminium and even silver, which compete with them in adornment and service, have failed to depreciate the stoneware pots, or casseroles as they are more commonly known, from use, or degrade their usefulness in any remarkable degree.

The homeliest form, or shall I call it the most wholesome form, of cooking very many articles of food is that done in the earthen jar, pot or baking dish. The cause of this is not far to seek. Besides being unsurpassable for many purposes, earthenware or stoneware casseroles are light and clean to use, they impart no disagreeable flavour to the most delicate of viands, they are handy to use, the actual cooking is effected slowly and more evenly,

consequently less fuel is used in cooking. They are not so liable to burn food in cooking. They do not tarnish, rust, or stain, and do not, therefore, affect the contents cooked in them. Besides being handy and ever ready for use, earthenware fireproof casseroles, baking or braising pans and dishes are inexpensive to buy, and if proper care is bestowed they may last as long as metal pans.

Food cooked in earthenware or stoneware casseroles is usually served up in the pots or pans in which it is cooked ; this is convenient as well as economical. All that is needed is to place the cooking pot or pan on a dish and send it to the dining-room, thus ensuring it being served hot—which is another point in favour of casserole cookery. This ware is also ornamental, and it is used in the very best establishments, where it is decidedly fashionable as a means of cooking and serving food.

There are various kinds of these fireproof casseroles, etc., in use. Those made in brown earthenware are considered the best, others are white or yellow inside and brown or green outside ; the white china gratin dishes, soufflé cases and ramakins come under the same heading.

This style of cooking is known as “en casserole,” which in reality is the French name for stew-pan, and means that the dish is served in the vessel in which it has been cooked. Fish, meat, poultry and game can be cooked in this way ; soups, especially those of the pot-au-feu kind, are cooked and served in marmites, which are another type of fireproof cooking pots. Fruit, which needs to be carefully stewed, is excellent if cooked in this ware. For braising and stewing this kind of cookery has really no equal, and there are many other dishes cooked “en casserole” which have proved to be so superior in taste and flavour that one had better abandon them altogether than attempt to serve them without the aid of this useful cooking utensil.

Any one who has adopted the use of these casseroles, marmites, braising or baking dishes will readily admit that the merits claimed for them are in no way exaggerated, for by their use the cook

finds in them a most valuable assistant to ensure genuine, wholesome cookery. It is, however, well to remember that fierce heat is to be avoided when cooking in an earthenware pan.

### Some Advantages of a Casserole.

Less heat is, as a rule, required when cooking in a casserole.

Food in a casserole may be cooked either on the stove or in the oven. Occasional basting is desirable.

When the contents of the pan or pot is cooked gently, it is not only more economical, but tough meat will be more tender, and may thus be used with excellent results.

A braise or stew cooked in an earthenware stew-pan can be served in the casserole, thereby securing it being "piping hot." A clean serviette is sometimes folded neatly round it, and the dish, called "en casserole," is always appreciated.

Any dish which requires slow, gentle cooking (simmering, stewing or braising) can be prepared in this way; thus, a ragout, braise; as well as *re-chauffés* such as Miriton, mince and hash are decidedly better in flavour when re-cooked in earthenware than in metal stew-pans.

### Petite Marmite.

This dish, which forms the standard dinner item of the average French household, is best prepared in an earthenware marmite stock-pot, for it is an acknowledged fact that a petite marmite cooked in stoneware is far more palatable, and for this reason this mode of cooking is especially recommended. Petite marmite is so typically French that no other equivalent has as yet been found. It is a kind of soup usually served in little earthenware pots, which just hold enough for one



person, but in some places it is sent to table in the actual pot in which it is cooked.

*Recipe.* The following ingredients will make a dish sufficient for eight to ten persons: 2 lb. of rump or plate of beef, 1 small piece of marrow-bone, half an ox-tail, 3 quarts of water, 2 carrots, 1 turnip, 1 leek, half-stick celery, half small cabbage, 1 bay-leaf, 2 cloves, 12 peppercorns, and salt.

*Mode of Preparation.* Wipe the meat, cut the ox-tail into small joints, put these in a stoneware marmite with the water and let come slowly to the boil, remove the scum as it rises to the surface. Have the vegetables trimmed, cleansed and pared, cut the carrots and turnips into convenient shapes, add these with the bay-leaf and peppercorns to the soup, and let the whole simmer gently for about 2½ hours. Add salt to taste during the process of cooking.



To serve cut the meat into equal portions and place it in the small pots together with the vegetables equally divided. Toasted bread cut into small slices and spread with marrow-fat should be served separately with this dish.

Note.—Some cooks add a fowl to the soup at the beginning, and use the fillet (breast portion) as a garnish. This makes the soup more tasty, but adds, of course, to the cost.

### Pot-au-feu Soup.

This dish is as common to the French as roast beef is to the English. The pot-au-feu forms the favourite dish in many households in France, rich and poor alike, and its excellence and value as a sustaining food have been famed for several centuries past. This dish is usually prepared in an earthenware pot or "marmite."

Procure a piece of shoulder of beef, weighing about 5 lb., also 1 lb. of bones, an onion stuck with a clove, 1 leek, 2 carrots, 2 turnips, a small bunch of parsley, and a small cabbage.

Break up the bones, tie up the meat with string, and put both into a soup pot or marmite; fill up

with about four quarts of cold water, and add a little salt, then put it on the fire, and heat up slowly.

Prepare the vegetables: scrape the carrots and cut in two-inch lengths, peel the turnips and cut in quarters; wash and trim the cabbage, cut in four, or in two if very small, and tie up each piece with string; wash and trim the leek and cut in three.

Remove all the scum from the stock as it rises and comes to *the* boil. When all the scum is removed, add the vegetables by degrees, including the bunch of parsley previously washed and tied up. Skim again when



STONEWARE SOUP-POT, OR  
MARMITE.

the liquor is almost on the boiling point. Now add ten peppercorns, and six wholespice and a small blade of mace. Remove the pot to the side, put on the lid, and let it simmer—not boil—for about three hours. Cut some pieces of stale bread into thin slices, put them in the oven to dry, and place them in a soup tureen. Remove the fat, carefully season to taste, and serve the broth. The meat can be served separately on a dish, with the vegetables round it, or, if preferred, the vegetables can be cut into small slices and added to the soup.

### Bouillon, or Beef Broth.

This is simply broth strained from the pot-au-feu; it may be made richer by allowing it to simmer longer, but great care must be taken, so that it does not become cloudy. Bouillon is often served with an egg beaten up. This is put in a

soup basin, and the bouillon stirred on to it; a little grated nutmeg and chopped parsley is sprinkled on top and then served hot.

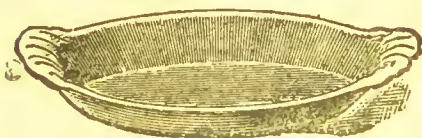
## Baked Fish, Gratin Style.

(*Poisson au Gratin.*)

Flake rather finely one pound, more or less, of cold fish, cod, haddock, turbot or salmon. See that it is free from bones and skin. Have ready a quarter of a pint of nicely seasoned white sauce. Butter one or more, according to the quantity of fish available, fish-shaped fireproof china dishes. Mix the fish with the sauce and season with salt and pepper, then fill the dish or dishes with it, smooth over the surface with a wetted knife, and cover with a thin layer of white sauce. Sprinkle the top with a mixture of Panurette or bread-crumbs and grated cheese, and place a few tiny bits of butter here and there on the surface. Bake in a fairly hot oven from 20 to 25 minutes, so as to get it thoroughly heated and the surface nicely browned. Dish up and serve hot.

## Whiting Fillets au Gratin.

Remove the fillets from four small whiting and skin them carefully, season with salt and pepper and fold over each.

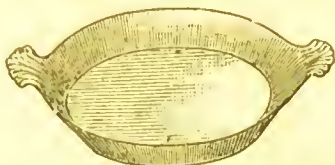


Range them neatly in a buttered fireproof china

gratin dish, sprinkle a few drops of lemon juice over the fish and put a mushroom (*champignons*) head on each fillet. Heat up one gill of brown sauce with a small glass of sherry or Chablis, sauce over the fish with this. Sprinkle over some fine bread-crumbs, placing a few tiny bits of butter here and there. Bake in a fairly sharp oven for about fifteen minutes, by which time the fish should be cooked and the surface of the dish be evenly browned. Place the gratin dish on to a flat dish, covered with a folded napkin, and serve hot.

## Soles à la Helder.

2 small soles,  $\frac{1}{4}$  lb. sorrel,  $\frac{1}{4}$  lb. spinach,  $\frac{1}{2}$  shallot (chopped), 2 oz. butter, 1 gill fish stock, 1 lemon, Béarnaise sauce.



Skin and fillet the soles, and trim the fillets; season with lemon juice, salt and pepper; fold and place in a gratin dish with the wine, cover with buttered paper, and cook in a moderate oven for about ten minutes. Trim and wash the spinach and sorrel, and cook in very little salted water till tender; cool and drain it, and put this in a sauté-pan with the butter, and season. When the soles are cooked arrange them neatly on an oblong or round buttered fireproof dish previously lined with the spinach; pour over the Béarnaise sauce. Heat up in a hot oven, sprinkle with a few drops of meat glaze, and serve.

## Béarnaise Sauce.

1 gill béchamel sauce,  $\frac{1}{2}$  gill of wine or tarragon vinegar,  $\frac{1}{2}$  chopped shallot, a few sprigs tarragon and chervil, 2 yolks eggs,  $\frac{1}{2}$  gill white wine, meat glaze.

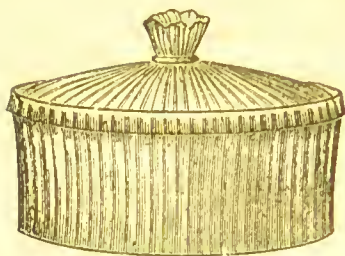
Put the vinegar and chopped shallot in a small casserole, and reduce well; stir in a gill béchamel sauce when quite hot; whisk in two yolks eggs, and add lastly a few pieces of butter. Season and stir in the finely chopped tarragon and chervil, also a little lemon juice.

## Sole au Gratin.

Skin and trim two soles, fillet them if preferred, or place them whole in a buttered gratin dish, and proceed as directed in the foregoing recipe.

## Terrine of Whiting.

Bone two large whiting and pound the meat in a mortar till fine; to this add the yolks of three eggs,



half a gill of béchamel sauce and the needful seasoning, salt and pepper. Mix well and rub through a fine sieve. Whisk the whites of one and a half eggs and incorporate with

the above. Butter a fireproof terrine or soufflé dish and line the inside thickly with the prepared farce. Put three table-spoonfuls of chopped lobster meat in the centre and fill up with more fish farce. Place the dish in a sauté-pan three-parts filled with boiling water, cover it with the lid and cook in the oven for about 35 minutes and serve.


### Rolled Fillets of Sole à la Cardinal.

Skin and fillet two large or three small soles, flatten each fillet, trim and season with salt and pepper. Spread one side of each (i.e. the smooth side) with a light fish forcemeat as above directed. Sprinkle over some chopped truffle and roll up neatly each fillet. Place them folded side downwards in a buttered earthenware casserole, moisten with a glass of Chablis wine and half a gill of fish stock. Sprinkle over with half a teaspoonful of Krona seasoning, cover with the lid, or buttered paper, and cook in a hot oven for about fifteen minutes. Pour off some of the liquor and put it with a gill of anchovy sauce highly coloured with lobster spawn and reduce a little. Strain this over the fillets, place a slice of truffle on each fillet of sole. Re-heat and send to table in the casserole.

### Casserole of Fish.

Peel 6 to 8 small button onions and fry them in a casserole with an ounce of butter to a golden brown. To this add a fresh haddock, trimmed, wiped, and cut into short pieces. Dredge with a heaped up table-spoonful of flour and season with salt and pepper. Stir the whole gently over the fire for a few minutes, and moisten gradually with half a pint of brown or white stock. Add a blade



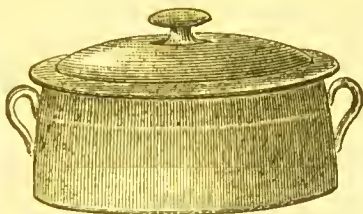
of mace and half a bay-leaf. Bring it to the boil whilst stirring and remove the scum. Then cover and cook gently on the side of the stove or in the oven for about half an hour. Remove mace and bay-leaf, skim off any fat from the sauce and send to table. 

Note.—If liked the fish can be filleted and rolled up. Soles, plaice or brill may be prepared in this way.

## Red Mullet en Terrine.

(*Rougets en Terrine*).

Take 6 to 8 small red mullet, oil, vinegar and chopped parsley for marinade,  $\frac{1}{2}$  ounce butter, 2 small chopped shallots, 1 gill Espagnole or other good brown sauce, 10 to 12 preserved mushrooms, 1 tea-spoonful Lemco, 1 dessert-spoonful anchovy essence, 1 small glass claret, half a lemon and seasoning.



Wipe and trim the fish, place them in a deep dish, and cover with oil, vinegar, and chopped parsley (to marinade). Let them stand for half an hour or less. Melt the butter in a large fireproof earthenware "terrine" dish, and fry in it the shallot to a pale brown, drain the mullets and place them in the dish. Cook for a few minutes in the oven; then add the sauce, previously blended with the claret, anchovy essence, and Lemco, then season to taste with salt and pepper; place the mushrooms cut into slices on top, cover the dish and put it in the oven to cook from 20 minutes to half an hour. Just before serving skim and add a few drops of lemon juice and some chopped parsley. The dish is then ready for table.

## Matelote of Eel.

(*Anguille en Matelote*.)

Skin and bone a large eel, cut it into 2-inch

pieces, dip each piece in seasoned flour, and fry a



little in two ounces of butter previously heated in a fireproof casserole. Add 8 to 10 small peeled button onions and fry them also. Now

moisten with a small glass of claret and half a pint of good stock. Bring to the boil whilst stirring, skim well and add two rashers of bacon, cut into inch pieces. Cover and let simmer for about 30 minutes or till the eel is tender. Skim off any fat that may float on top, and serve in the pan in which the fish is cooked.

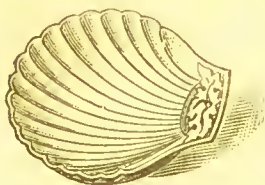
### Curried Shrimps.

Skin or pick about a pint of shrimps. Fry in a small casserole two small peeled and chopped shallots in an ounce of butter, stir in half an ounce of flour and one dessert-spoonful of Madras or Laxami curry powder. Blend both well and add gradually half a pint of milk and stock, and let it boil whilst stirring for ten minutes. Next add the picked shrimps and a dessert-spoonful of lemon juice. Cook gently for another ten minutes. Serve hot with well boiled rice.

### Scalloped Salmon.

*(Coquilles de Saumon.)*

Not only salmon, but any other kind of boiled cold fish is very nice scalloped. Remove the skin



and bone from the fish and flake it. Have ready the required number of scallop shells, butter them well, put in a layer of white sauce (béchamel or melted butter), upon this put the

flaked fish, and continue thus till each shell is filled. Season each layer with salt and pepper. Smooth over the surface with sauce. Sprinkle with fresh bread-crumbs or Panurette mixed with grated cheese, and put a few tiny bits of butter here

and there on top of each shell. Bake in a fairly sharp oven for about twenty minutes. Dish up and serve.

### Oysters, Seaman's Style.

(*Huitres à la Marinière.*)

Take 18 sauce oysters,  $\frac{1}{2}$  glass Chablis wine, 1 table-spoonful chopped parsley, 1 table-spoonful chopped shallots,  $\frac{1}{2}$  oz. fresh bread-crumbs, 1 oz. butter, half a lemon, salt and pepper.



Beard the oysters and put them with their liquor in a pie-dish, pour over the white wine and let stand for about an hour. Mix the parsley, chopped shallots, and bread-crumbs, and season to taste with salt and pepper. Range the oysters in a buttered fireproof baking dish, pour over a little of the liquor and wine, and cover with the mixture of bread-crumbs, etc. Divide the remainder of the butter into little bits and place them on top. Bake in a fairly hot oven for about fifteen minutes. Squeeze a little lemon juice on top and send to table in the baking dish.

### Baked Oysters, Gratin Style.

(*Huitres au Gratin.*)



Procure the required number of large oysters, open them, blanch them in their own liquor, then drain and remove the beards. Butter as many oyster-shell shapes as there are oysters, put an oyster in each, also a teaspoonful of cream, season with salt, pepper, and a tiny pinch of cayenne. Sprinkle over a little chopped parsley and a few drops of lemon juice. Spread over a little white sauce and besprinkle this with bread-crumbs and oiled butter. Bake for five minutes, dish up and serve.

### Fricasseed Scallops.

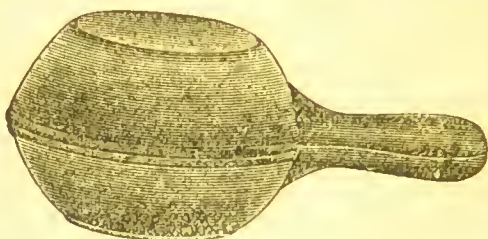
Cook  $1\frac{1}{2}$  dozen large scallops in a casserole with just sufficient slightly salted water to cover, add the

juice of  $\frac{1}{2}$  lemon, a small sliced onion, and a small blade of mace. Cover the casserole and allow to simmer for  $\frac{1}{2}$  hour, then take out the mace and onion. Mix  $1\frac{1}{2}$  oz. of butter with a table-spoonful of flour, stir in  $\frac{1}{2}$  gill of cream and  $\frac{1}{2}$  gill of stock or milk. Add this to the scallops and cook them for another 15 or 20 minutes. Season with salt and pepper and serve hot.

## Roast Ham en Casserole.

(*Jambon en Casserole.*)

Skin a small ham or gammon of bacon, cut off the knuckle part, and rub in a mixture composed of



moist or brown sugar, half teaspoonful ground mace, one teaspoonful ground ginger, and half teaspoonful of paprika pepper. Place the ham in an earthenware double pipkin or roasting pan, lined with fat bacon or ham rind, and a few prunes. Pour over sufficient lard or butter to baste, put on the lid and bake in a slow oven from two to two and a half hours, according to size. Baste it frequently and freely. When done take up the ham, remove the fat and the ham rind from the pan, return the ham to the pan and add half a pint of rich gravy or brown sauce and a glass of sherry or Madeira. Continue to cook over the fire for another ten minutes. It is then ready for serving.

## Neck of Mutton en Casserole.

(*Carré de Mouton en Casserole.*)

Bone a neck of mutton weighing from 3 to 4 lb., remove the superfluous fat, stuff the bone side with

a mixture of bread-crumbs, beaten egg, chopped ham or tongue and chopped parsley. Tie up the meat into neat shape



and place it in a deep earthenware fireproof pan, which must be previously lined with slices of fat bacon, sliced carrot, turnip, and a small onion. Put the pan on the fire and fry its contents over a brisk fire till the meat has acquired a light brown colour. Then moisten with a pint of good and well seasoned stock (the bones from the neck should be utilized for this). Place the cover on the pan and put it in a fairly hot oven for about one or one and a quarter hours. Baste the meat occasionally with its liquor during the process of cooking. And lastly remove the fat which has accumulated on top of the liquor. About ten minutes before serving, take up the meat and place it on a dish and keep hot. Add half a pint of brown sauce to the liquor remaining in the pan, boil it up, strain off the vegetables, skim the sauce well and season to taste. Now return the meat into the pan, cook for another ten minutes, and send to table in the pan in which it was cooked.

### Haricot Mutton en Casserole.

Procure 2 lb. neck or serag of mutton, 2 oz. of butter or dripping, 1 oz. of flour, a bouquet of savoury herbs, 2 carrots, 2 small onions, 1 turnip; 6 small potatoes and 1 gill of haricot beans.

Trim off some of the fat from the meat, cut it into cutlets or neat pieces about two inches square, melt the butter or dripping in a casserole, and fry the meat to a nice colour, sprinkle over the flour, and season with salt and pepper. Stir for some minutes over the fire, then moisten with a pint of stock or water, add the onion stuck with a clove and the bouquet of savoury herbs. Allow the

meat to simmer gently for a few minutes ; take off the scum and fat. Have the potatoes, carrots, onions peeled, and turnip pared, and cut in halves or quarters ; fry them in fat and a little sugar to give colour ; add these to the stew with the haricot beans. Let the whole cook gently for about an hour or longer ; take out the herbs, and serve hot.

### Irish Stew en Casserole.

Procure 2 lb. of scrag and neck or loin of mutton, 1½ lb. of potatoes, and 2 onions.

Trim the meat, pare off some of the fat ; if scrag end is used, cut it into square pieces ; if a neck or loin is used cut the meat into cutlets or chops. Wash and peel the potatoes, cut them into thick slices. Peel the onions, and slice them. Put the potatoes and onions and meat in alternate layers into a casserole ; season with salt and pepper ; add about 1½ pints of water, and let all simmer gently for about two hours. Keep the lid of the casserole closely shut, and shake the pan occasionally to prevent contents from burning. When done, sprinkle over some chopped parsley, and serve.

### Spiced Shoulder of Mutton.

*(Epaule de Mouton épicée.)*

Bone a small shoulder of mutton ; lay out the meat flat on a board, skin downwards, and rub in a mixture of salt, coarse brown sugar, pepper, ground mace, ground ginger, and ground cloves. Use only very little of the latter three ingredients. Roll up the meat and keep in the larder till next day. Repeat this operation for three or four days, then roll up the meat and tie it with string. Place it in a casserole with enough seasoned stock to cover, and let it simmer slowly for about 2½ hours, more or less, according to size. Remove the string and serve hot or cold. If served cold it should be brushed over with meat glaze after the meat is cold.

## Braised Loin of Mutton à la Soubise.

*(Longe de Mouton braisé à la Soubise.)*

Bone a moderate-sized loin of mutton and remove most of the fat, leaving only a thin layer on top. Place the trimmed fillet in a braising pan on a mirepoix, i.e. a bed of sliced carrot, onion, bacon and a small bunch of herbs; put it in a hot oven and par-roast for about twenty minutes. Then pour off the fat, add one pint of thin brown sauce and season with salt and pepper and return to the oven for about an hour; baste the meat frequently during the process of cooking. Prepare a Soubise purée as directed below. Take up the cooked loin of mutton, cut it into slices (fillets) and dress them neatly in a casserole. Re-heat the brown sauce, strain it, remove the fat or skim carefully and pour over the slices of meat.

Put the Soubise or onion purée in the centre of the dish or on each side of the fillets, whatever style of dressing is adopted. Sprinkle a little liquefied meat glaze over the onion purée and serve.

### Soubise Purée.

This is a well reduced white onion sauce or purée. Peel and slice thinly two Spanish onions, blanch them for a few minutes in salted water; drain off the water and chop the onions as finely as possible. Put the minced onion in a small stew pan with a gill of white stock and milk (equal proportions) and let them cook slowly for half an hour, then add about a gill of white sauce (preferably béchamel). Season to taste with salt and white pepper and rub the purée through a fine sieve. Return it to the stew-pan, add about half a gill of cream and re-heat. It is then ready for use. A pinch of castor sugar added to this purée is often found an improvement.

### Hashed Meat.

Procure 1 lb. of cold meat (beef or mutton), 1 oz. of butter, 1 oz. of flour,  $\frac{1}{2}$  pint of gravy or stock, 1 good-sized tomato, and 1 small onion.

Cut the meat into thin slices, peel, slice, and chop the onion and fry in the butter in a casserole. Next add the flour, fry a little and moisten with stock or gravy, add the tomato, peeled and cut up small, season to taste, and simmer fifteen minutes. Strain, return it to the casserole, and add the sliced meat; simmer gently for fifteen minutes. Dish up and send to table hot.

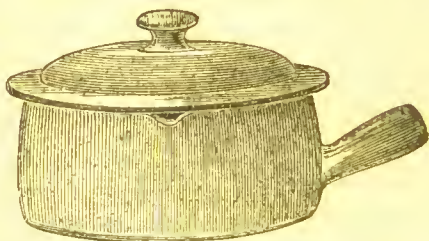
### Minced Beef with Poached Eggs.

Procure  $\frac{3}{4}$  lb. of underdone beef,  $\frac{1}{2}$  pint of gravy, 1 oz. of butter,  $\frac{1}{2}$  oz. of flour, 1 teaspoonful of vinegar, 4 eggs.

Cut up the meat into small dice, and sprinkle over the flour. Heat up the butter in a casserole, and fry the meat in it for about five minutes, also the onion minced; add the gravy, and cook gently for ten minutes. Add the vinegar. Poach carefully the eggs and place on the top of the mince. Season to taste. Then serve.

### Mutton Cutlets en Casserole.

Procure the best end of a neck of mutton, 2 oz. butter, 10 small button onions, a pint of brown sauce, 6 to 8 thin slices of raw ham or bacon, 12 large Brussels sprouts, salt and pepper.



Cut the meat into neat cutlets, and trim off the fat. Melt the butter in the casserole and fry the cutlets and the peeled onions a light brown. Cut the slices of ham or bacon about two inches square. Wash and trim the sprouts and roll each up in a square of ham or bacon. Pour off the butter in the casserole, put the meat, ham, and sprouts and onions in the casserole. Add the brown sauce. Cover the casserole and cook the contents slowly in the oven for about an hour. Skim off all fat before serving and send to table in the casserole.



## Mutton Chops en Casserole.

Take a loin of mutton and cut it into neatly trimmed chops. Then proceed to cook them in the same manner as directed in the foregoing recipe. Pork chops or pork cutlets are treated in the same way. By way of a change small ripe tomatoes may be used in place of sprouts.

## Beefsteak en Casserole.

Cut a large piece of rump steak into small fillets and season them with salt and pepper. Fry them slightly on each side in a little butter over a quick fire, and set them aside. Peel and chop finely a small onion, fry it in a small stew-pan



with half an ounce of butter to a golden colour. Moisten with a glass of Marsala or Madeira wine and two large table-spoonfuls of brown sauce. Boil up and add a table-spoonful of piccalilli or mixed pickles cut up small, two ounces of fried bacon cut into dice, eight to ten small champignons, one small carrot cooked and cut into cubes, two potatoes cooked and cut into dice. Heat all up in a fireproof earthenware casserole. Place the meat on top, sprinkle over a little dissolved meat glaze, cover and cook in the oven for another ten minutes. Serve hot in the casserole.

## Smothered Beef with Tomatoes.

*(Bœuf poêlé aux Tomates.)*

Cut about 1½ or 2 lb. of rump or buttock steak into small slices or thick strips, season to taste with salt and pepper. Melt one ounce of butter in a casserole or pipkin, add a sliced onion and fry



a little, then put in the beef, sprinkle over a heaped-up table-spoonful of flour, and stir over the fire till all is nicely browned. Next add a pint of stock or water, and a table-spoonful of Holbrook's Worcester sauce. Stir till it boils, remove the scum, and put in four peeled and sliced tomatoes. Sprinkle over also a handful of shredded celery, then cover closely and let it cook slowly over a charcoal fire or in the oven for about an hour.

### Scotch Collops.

Mince or chop not too finely one pound of lean mutton or beef. Heat up one ounce of butter in a fireproof casserole, add to it the half of a small finely chopped onion, fry to a light brown, add half-ounce of flour, mix well together, moisten with one gill of good stock, and boil for ten minutes. Add the meat, and cook slowly for half an hour.



Season with salt and pepper, add also a little finely chopped parsley, and place on top, just before serving, a few nicely fried bread croutons. Serve hot.

### Sea Pie.

Chop finely two oz. of beef suet and mix with it four oz. of flour and a pinch of salt, add enough cold water and work into a fairly firm dough or paste.



Cut into slices three-quarters of a pound of gravy beef, put it on a plate, season with salt and pepper, and sprinkle with vinegar. Melt an ounce of butter or dripping in a brown stewing-pan or baking dish, fry in it an onion, peeled and chopped. When of a nice light brown stir in half-ounce of flour, and let it fry till brown. Pour in gently three-quarters of a pint of stock or water and bring to the boil whilst stirring. Now add the seasoned meat and a dessert-spoonful of chopped

parsley. Skim the stew as it simmers. Roll out the suet paste to a round shape a little smaller than the lid of the stewing pan ; place this carefully on top of the stew, cover the pan with the lid, and let the whole simmer on top of the stove or in the oven for about 1½ hours.

### Braised Calf's Liver.

(*Foie de Veau braisé.*)

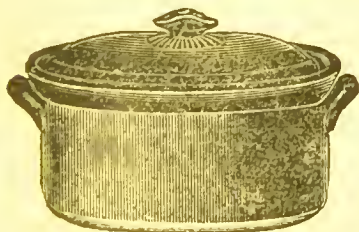
Take a small calf's liver, soak it in cold water for about twenty minutes, and then drain and wipe it with a cloth.



Insert small thin strips of larding bacon on the surface of the liver, Prepare a mirepoix of vegetables, viz., onion, carrot, bacon,

bay-leaf, and herbs. Put these in an earthenware casserole, containing about 1½ ounces of butter. Fry the vegetables a golden colour ; put in the liver, and let it brown gently, pour off the fat, add about half a pint of rich brown sauce and a gill of good stock. Season with pepper and salt, and let simmer gently for about an hour. Then add a glass of sherry or port wine, the juice of half a lemon and a small quantity of finely chopped parsley. Boil up, take up the liver, let the liquid reduce, strain and remove the fat. Replace the liver in the casserole and put it on a dish, sauce over carefully and serve.

### Steak Pie *Marinière.*



Take 1 lb. rump steak, 2 sheep's kidneys, 3 oz. suet, 4 oz. flour, 1 gill brown stock, 2 eggs, ½ gill milk, 2 oz. butter, ¼ gill sherry, paprika,

½ oz. fresh bread-crumbs.

Cut the meat into thin slices, also the kidney (skinned), thickly sliced, and put in seasoned flour and make into rolls. Fry the chopped onion in the butter in a casserole, the seasoned rolls of meat, add the brown stock and sherry. Simmer slowly for  $\frac{1}{2}$  hour. Next prepare the crust. Chop the suet finely, and add to the sieved flour; mix into a paste with the milk and one egg, add a little paprika pepper, and lastly incorporate a stiffly whisked white of egg into the paste. Place the mixture on the steak, and cook in a moderate oven for  $\frac{3}{4}$  hour. Serve hot in the casserole.

### Stewed Beef with Macaroni.

*(Ragout de Bœuf au Macaroni.)*

Procure two pounds of rump or buttock steak, cut rather thick, and cut into two-inch pieces. Peel and slice an onion of medium size. Scrape two carrots and cut them into neat cube shapes. Melt two ounces of butter in a large casserole and fry in it the onion to a pale or amber colour. Then put in the steak and fry to a nice brown over a quick fire. Stir in an ounce of flour and let it get slightly browned. Season with salt and pepper, and half a teaspoonful of ground ginger. Moisten with a pint of good brown stock; bring it to the boil and skim well. Now put in six ounces of macaroni or spaghetti (a species of very small macaroni); these must be previously blanched in salted water and drained; put in also the carrots. Cover the casserole and let the whole simmer slowly for about an hour or a little less, till the meat, vegetables and macaroni are quite tender. Before serving, skim off the fat from the sauce.

Note.—A blade of mace and one or two cloves may be added to the stew, but these must be removed after cooking.

### Curried Beef.

*(Ragoût de Bœuf à l'Indienne.)*

Peel and chop finely one medium-sized onion, blend same in a casserole with one and a half

ounces of butter, cut up into pieces one pound of beefsteak and fry in the above for a few minutes.



Next add a dessert-spoonful of Laxami curry powder, and stir over the fire for a few minutes longer, so as to fry the curry a little. Now add half a peeled, cored and chopped apple, one dessert-spoonful of vinegar or lemon juice, and season with salt and pepper. Moisten with a gill of tomato sauce and half a gill of gravy or brown stock. Stir till it boils, then skim and let simmer gently for about an hour. Serve with plain boiled rice.

### Curried Veal.

*(Kari de Veau.)*

Proceed the same as directed in the foregoing recipe, but use lean veal in place of beefsteak. Cut the former into small squares, omit the tomato sauce and use in place of it béchamel or other good white sauce. A few peeled and chopped or pounded almonds or grated fresh cocoanut cooked with the curry gives it an improved flavour. Serve with plain boiled rice.

### Fricassee of Veal.

*(Fricassée de Veau.)*

Blanch in salted water two pounds of lean veal (cushion or leg), then cut it into 1½-inch pieces or cubes, and place in a casserole. Add enough béchamel or other good white sauce to well cover the meat. Season carefully with salt, white pepper, and a good grate of

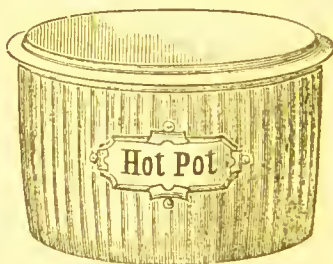


nutmeg. Add also a bay-leaf and two or three slices of lemon. Slice six or eight preserved mushrooms (champignons), and put them with the stew, then cover and simmer slowly for about forty minutes, stirring occasionally and adding one or two table-spoonfuls of cream when the meat is cooked tender. One or two yolks of eggs beaten up with a little milk or cream may also be added at this stage. Re-heat thoroughly, but do not allow the fricassee to boil again after the eggs are added. Remove the bay-leaf and slices of lemon before serving.

### Hot=Pot or Hodge=Podge.

• This is an exceedingly popular luncheon or supper dish for those who appreciate an old-fashioned stew. Either mutton, beef or pork can be used for it, the formula of preparation being the same. Wash, peel and slice thickly one pound of potatoes, peel and cut into slices a good-sized onion, blanch both potatoes and onion separately. Trim about one and a half pounds neck or loin of mutton, and cut into conveniently sized pieces, par-fry them in a pan containing an ounce of dripping. Line a hot-pot jar with alternate layers of potatoes, meat and onion. Season each layer with salt and pepper and a pinch of dried savoury herbs. Moisten with a pint of good stock or water, cover the jar and place it to cook in a fairly hot oven for about  $1\frac{1}{2}$  hours. The stew must cook slowly and the fat must be carefully removed before the dish is sent to table. When ready for serving sprinkle a little chopped parsley on top.

Note.—If liked, a handful of cooked peas or a few mushrooms can be added to the stew about ten minutes before serving it.



## Yorkshire Hot-Pot.

Take 2 lb. best neck of mutton,  $1\frac{1}{2}$  lb. of potatoes, 6 small onions, 3 sheeps' kidneys,  $\frac{1}{2}$  lb. of mushrooms, 1 pint of stock, 1 oz. of butter or dripping.

Trim the meat and cut it into neat cutlets. Peel the potatoes and cut six or eight of them in halves, slicing the rest thickly.

Peel and slice the onions thinly. Skin the kidneys, trim and peel the mushrooms.

Put all the ingredients in layers in a casserole or "hot-pot jar." The last layer should be of the halves of potatoes.

Add the stock, put the butter or dripping on top. Season with salt and pepper. Cover with the lid, and cook gently in a slow oven for about  $2\frac{1}{2}$  hours.

For the last half-hour remove the lid, to allow the potatoes to brown nicely. Send to table in the casserole.

## Fugged Hare.

*(Civet de Lièvre.)*

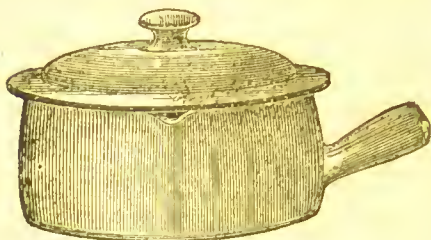
Procure 1 hare, skinned and jointed,  $\frac{1}{2}$  lb. of bacon, 1 onion, 1 glass of port wine, 2 cloves, bunch of sweet herbs, a little grated lemon rind, 1 pint of stock,  $1\frac{1}{2}$  oz. of butter, 1 oz. of flour, salt and pepper.

Cut the bacon into cubes or slices, fry in an earthenware casserole a little, and then add the butter. When hot put in the pieces of hare, which must be first wiped dry, and fry these carefully. Sprinkle over the flour and continue to fry till the flour is nicely browned, then add the stock, boil up, skim, add the wine, onion stuck with cloves, herbs, and lemon rind, season with pepper and salt and simmer gently for one and a half hours or two hours according to the size of the hare. Dish up the hare and bacon, skim the sauce, and strain over the hare, or if preferred send it to table in the casserole.

## Curried Rabbit.

(*Lapin à l'Indienne.*)

Cut a large, skinned rabbit into neat joints, dip each piece into seasoned flour, that is, flour mixed



with salt and pepper to taste. Fry the rabbit in a large casserole containing two ounces of well heated

butter or dripping. When nicely browned remove the rabbit and add to the fat in the pan a finely chopped onion, fry this with a table-spoonful of mild curry powder (Madras or Laxami), add also a clove of crushed garlic. Fry for a few minutes only, then put in the par-fried pieces of rabbit and half a teaspoonful of ground cinnamon, half a teaspoonful of ground ginger and a little ground mace. Moisten with enough brown stock to well cover the meat. Bring it to the boil, stirring occasionally. Skim well, add six to eight button mushrooms, peeled, and let the whole simmer gently with lid on the casserole for  $1\frac{1}{2}$  hours or less. Have ready some plain boiled rice to be handed round as the curry is served.

## Rabbit en Casserole.



Wash and wipe a good-sized rabbit, divide it into joints, lard the legs and breast portion with strips of bacon. Fry the pieces in an earthen-



ware casserole containing butter, sliced onions and bacon cut into cubes or dice. When of a nice light brown colour, season with salt and pepper, besprinkle with a heaped-up table-spoonful of flour. Stir over the fire till the flour has acquired a chestnut brown tint, then moisten with a glass of white wine (Chablis or Sauterne), add a small bouquet garni, and about a pint of stock. Boil up, place the lid on the pan, and cook in the oven or over a slow fire till the meat is quite tender. Remove the bouquet of herbs, and any scum from the surface of the stew, and send to table in the casserole.

## Roast Chicken en Casserole.

*(Poulet rôti en Casserole.)*

Select a plump and tender chicken, singe and draw it, cut off the neck and part of the legs, wipe the inside with a damp cloth and truss as is usual for roasting. Wash the liver and heart and put them in a fireproof baking pan replete with a mirepoix, i.e., a small carrot, one small onion, three or four thin slices of bacon, all cut up in dice. Season the chicken with pepper and salt, and place it on top of the mirepoix in the baking pan, spread about an ounce of butter on top of the chicken and cook in a hot oven for twenty minutes ; baste frequently. After this reduce the oven heat and cook more slowly for another twenty minutes or longer. When the chicken is done, take up, untruss, place it in the pan and keep hot. Pour off the fat from the baking pan, add a gill and a half of stock, boil this for a few minutes, season and colour to taste, strain, remove the fat if any is on the surface and pour it round the chicken.

## Chicken en Casserole.

*(Poulet en Casserole.)*

Procure a fine plump fowl ready trussed for braising ; put it in an earthenware stew casserole.



with an ounce of butter and cook over a quick fire. After the chicken has attained a light golden

colour, moisten it with a gill of rich gravy and half a glassful of white wine; cover over and cook over the fire or in the oven for forty to fifty minutes (according to size of bird). Let the liquid reduce to a half-glaze. When ready to serve dish up the chicken after untrussing and jointing it. A few small button onions may be added as a garnishing. These must be first blanched in boiling water and then fried in butter. Cover the whole with a rich demi-glaze or Madeira sauce and serve.

### Casserole of Fowl.

*(Another Way.)*

Have ready the following ingredients: one plump fowl or chicken trussed for roasting, four slices of streaky bacon, ten button onions, one oz. butter, half a gill rich stock or gravy, one glass white wine, three-quarters of a gill demi-glaze or other good brown sauce, salt and pepper.

Cut the bacon into dice shapes, melt the butter in an earthenware braise-pot, put in the bacon and the fowl, allow it to attain a golden colour over a fairly brisk but not too fierce a fire. Pour off the fat, moisten with the stock or gravy and the wine, cover the pan and let the contents cook gently for half an hour or longer. Peel and blanch the onions in boiling water, drain them and fry in the fat left over from the fowl. Take up the fowl, untruss and cut it into joints, replace the pieces in the pot with the bacon. Add the onions and the sauce. Cook for another twenty minutes, skim well, season to taste and send to table in the earthenware pan.

Note.—When cooking the fowl in the second stage, the lid of the pan may be sealed down with

a paper or paste band to ensure hermetical sealing. This is acknowledged to procure a still finer flavour to all dishes cooked "en casserole."

### Pigeons en Casserole.

For this dish either of the foregoing two recipes may be adopted. The birds can be cut into halves or quarters if preferred. One or two small smoked sausages cut into thick slices added to the chicken or pigeons whilst cooking impart an additional savoury flavour to the dish.

### Curried Fowl.

*(Poulet au Kari.)*

Take one small fowl, one small onion, two oz. of butter, one table-spoonful of mild curry powder, one table-spoonful of flour, one oz. of sweet almonds, one apple, the juice of half a lemon, one pint of veal stock, salt to taste.

Melt half an ounce of butter in a small casserole, peel and mince the onion and fry it in the butter. When of a light brown add the flour and curry powder and fry together. Then add the minced apple and stock and stir till it boils, and let simmer for half an hour. Cut up the fowl into neat portions and fry them in the remainder of the butter in a large casserole. Add the almonds peeled and chopped or pounded, and pour off the fat, season with salt and pepper and strain in the prepared sauce. Cook gently for about half an hour or more. Add a little cream and lemon juice just before serving, and send to table with a small dish of plain boiled rice.

### Braised Partridges with Cabbage.

*(Perdreaux braisés au Choux.)*

Pick, draw and truss a brace of partridges in the same way as a chicken for boiling. Line the



bottom of an earthenware braising pan with slices of fat bacon, two peeled shallots, one bay-leaf, one small

bouquet garni, a blade of mace, and a sliced carrot. Put in the partridge and cook over a brisk fire for about ten minutes, long enough to brown the birds a little. Then moisten with a pint of good stock. Trim and wash a small cabbage, cut it into quarters, and cook it in salted water till half done, drain well, press it in a cloth and tie up with string. Put the cabbage in the pan with the birds, season with salt and pepper, add two blanched pork sausages cut in short pieces, and cook the whole in the oven ; it will take about an hour. Take up the partridges, untruss them, also the cabbage, and remove the string. Strain the liquor or stock and return it to the braising pan with about a gill of well reduced sauce. Boil up and skim, now place in the partridges, the portions of cabbage and the pieces of sausage, cover the pan and let it cook gently for another ten minutes. The dish is then ready for serving, and should be sent to table.

### Salmi of Game.



Take 1 wild duck or widgeon, 3 slices streaky bacon, 1 gill brown sauce,  $\frac{1}{2}$  gill elaret, 6 mushrooms, 12 French olives, croûtons of bread, and a little meat glaze.

Par-roast the bird for 10 to 15 minutes, then cut into joints. Fry the bacon in a casserole, and then the pieces of game ; add the brown sauce and claret, the mushrooms and turned olives. Simmer slowly for about 40 minutes. Season to taste with salt and pepper ; skim carefully. Prepare some neatly half-moon shaped fried croûtons of bread, brush over with meat glaze, and place on top of the stew ; then serve in the casserole.

### French Chicken-pot.

(*Poule-au-Pot.*)

Put a large fowl, trussed for boiling, breast downwards into a fireproof stew-pot (casserole), add

the cleansed giblets, a pint of cold water, a carrot, a small onion, a blade of mace, a teaspoonful of salt, and ten peppercorns. Cover closely, cook



gently on the stove or in the oven until perfectly tender, then strain and season the liquor, and cut the chicken into joints. Arrange them on an oblong dish, strain the liquor over the pieces of fowl, garnish with small braised onions and slices of carrot, or serve in a round terrine.

### Quails en Casserole.

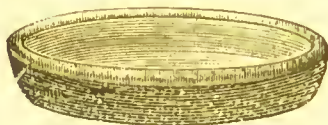
Take six quails, one gill milk, two oz. butter, handful of bread-crumbs, salt, pepper, nutmeg, two yolks of eggs, parsley, shallot, three to four chicken livers, about six slices of bacon, one gill demi-glace or Madère sauce.



Prepare the quails as for stuffing. Put the milk in an earthenware stew-pan, add half an ounce of butter, a small bay-leaf, salt, pepper, and a little grated nutmeg; when boiling stir in the bread-crumbs (about a handful), simmer for ten minutes. Remove the bay-leaf and stir in the egg-yolks. Cut up small the chicken livers, sauté them in butter in which the finely chopped shallot has been blended, season with pepper, salt and aromatics, and rub the liver, etc., through a sieve. Mix the purée with the bread-crumbs, etc., and stuff the bird with this. Wrap each quail in a thin slice of bacon, place them in an earthenware pan (casserole) with the remainder of butter and cook over a slow fire for half an hour. Pour off the fat and finish cooking in the same sauce (demi-glace or Madeira).

### Asparagus au Gratin.

Clean a bundle of asparagus, cut off the tender portion and tie up in small bundles. Cook for



twenty minutes in fast boiling slightly salted water, then drain and let cool. Prepare a rich white

sauce (béchamel), seasoned with salt, a grate of nutmeg and a pinch of cayenne. Range the cooked asparagus in layers on a greased baking or gratin dish, putting a little of the prepared sauce between the layers of asparagus. Spread some of the sauce over the top and sprinkle with grated cheese and bread-crumbs. Place small pieces of butter here and there on the surface, then bake in a sharp oven for about twenty minutes. The top should then acquire a golden brown. Place the gratin dish on another plain dish, cover with a folded napkin, and send to table.

### Sauté Potatoes.

Slice thinly  $1\frac{1}{2}$  lb. of cold boiled potatoes, melt two ounces of butter in a fireproof earthenware frying or omelet pan, when hot put in the potatoes and toss over the fire till they are thoroughly hot and slightly browned. Season with pepper and salt, shape neatly, dish up, sprinkle with finely chopped parsley and send to table.

### Curried Vegetables.



Cut six small cooked and peeled potatoes into thick slices, to these add two small cooked turnips, four small cooked carrots, all cut into dice-shaped pieces. Mince finely a small onion. Heat up an ounce of butter in a brown fireproof dish, add the onion and fry a nice brown. Then add half an ounce of flour, and quarter of an ounce of Madras

or Laxami curry powder, fry and mix together, moisten with one pint of stock and stir all together until it boils; then let it simmer. Now add the above-named vegetables, also some cooked French beans cut small, season with salt and pepper, cover the dish, and stew gently for about twenty minutes. Remove the fat from the surface of the vegetables and send to table with a dish of plain boiled rice. The top of the vegetables may be garnished with chopped gherkins and Spanish pimientos.

### Mushroom Purée in Cases.

(*Purée de Champignons en Caisses.*)

Wash and peel a small basket (half a pound) of fresh cup mushrooms, and chop them very finely. Fry this in an ounce of butter over the fire for a few minutes. Then add two table-spoonfuls of rich brown sauce, stew the purée for ten minutes, season with salt and pepper and stir in two yolks of eggs. Lastly add the stiffly whisked white of one egg. Blend the whole well and fill into buttered ramakin cases. Bake them in a moderately heated oven for fifteen minutes. Dish up and serve hot.

### Mushroom Cassolettes.

(*Cassolettes de Champignons.*)

Prepare a mushroom purée as above directed. Have ready ten small baked tartlet crusts made of rough puff or puff paste trimmings. Fill them with the prepared purée. Sprinkle over with grated Parmesan cheese and a few fried bread-crumbs or Panurette; also a few drops of oiled butter over each, and bake in a moderate oven for fifteen minutes. Dish up, garnish with lemon quarters and parsley, and send to table.



### Spinach Ramakins.

(*Ramaquins aux Epinards.*)

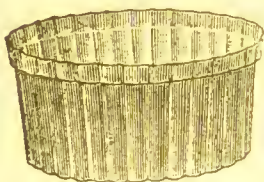
Pick and wash one pound of spinach and cook it with very little slightly salted water till quite



tender ; then squeeze out the moisture by draining the spinach thoroughly. Next rub it through a fine sieve. Melt half an ounce of butter in a stew-pan, add half an ounce of flour and cook a little, moisten with quarter-gill of cream and quarter-gill of stock ; boil up and add the spinach, season to taste with salt, pepper and nutmeg and cook for ten minutes. Incorporate two yolks of eggs. Whisk to a stiff froth two whites of eggs ; add this to the mixture. Three-parts fill six or eight well buttered china ramakin cases and bake in a moderately heated oven for about twenty minutes.

### Spinach and Ham Soufflé.

*(Soufflés d'Epinars et Jambon.)*



Proceed to cook the spinach as directed in the foregoing recipe, then add two ounces of finely chopped cooked ham. Fill the mixture into one or two china soufflé cases (previously buttered), and bake in a fairly hot oven for about twenty minutes.

### Celery Ramakins.

*(Ramaquins de Céleri.)*

Remove the outside leaves of two heads of white Celery, trim and wash it and cut it into small pieces. Stew the celery till tender in a stew-pan with enough stock to cover and an ounce of butter. When thoroughly cooked, rub the celery through a fine wire sieve. Reduce half a pint of béchamel sauce to two-thirds of its quantity, then put in the celery purée and cook for a few minutes, season with salt, pepper, and grated nutmeg and incorporate three yolks of eggs. Lastly add two well whisked whites of eggs. Fill up a number of buttered china ramakin cases and bake in a moderate oven for about twenty minutes.



## Brussels Sprouts Mousses.

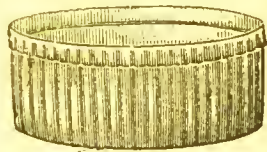
(*Mousses de Choux de Bruxelles.*)

Trim and wash three-quarters of a pound of Brussels sprouts and cook them in plenty of fast-boiling salted water and a very small piece of soda, till tender. When done pour off the water and drain the sprouts well. Rub them through a fine sieve and proceed to cook the purée thus obtained in the same manner as directed for Spinach Ramakins. In place of stock, milk may be used. Fill the mixture into well buttered soufflé or ramakin cases and bake in a moderate oven for twenty minutes.

## Mousse of Cauliflower.

(*Mousse de Chou-fleur.*)

Trim and wash a small, firm cauliflower and cook it in plenty of fast-boiling slightly salted water till tender. Drain and let it get cold. Next press out the moisture, using a clean dish-cloth or napkin for the purpose, then rub the cauliflower through a fine sieve. Melt an ounce of butter in a stew-pan, put in the cauliflower purée and stir over the fire for a few minutes, season with salt, pepper and grated nutmeg, and add a gill of well reduced béchamel sauce. Cook the whole for ten minutes, stirring frequently. Incorporate the yolks of two eggs, and when this is done remove the pan from the fire. Whisk to a stiff froth two whites of eggs. Add them to the mixture and fill up eight or ten small mousse or china entrée cases, previously buttered. Place them on a baking sheet and bake for about fifteen minutes in a fairly hot oven. Dish up, garnish with crisp parsley and serve.



Note.—If liked, one or two ounces of fine-chopped ham or tongue can be added to the above mixture before it is baked. This will make the dish more tasty, especially if served as an entrée.

## Carrots à la Maître d'Hôtel.

Wash and scrape one or two bunches of young carrots, cut them lengthwise into quarters, and boil in salted water till tender. Drain them and put them in a casserole with 1 oz. of butter; sauté them quickly over the fire; add a dessert-spoonful of finely chopped parsley and a teaspoonful of lemon juice. Shake the pan over the fire for some minutes. Season with salt, pepper and a pinch of castor sugar. Just before serving add a teaspoonful of liquefied meat glaze or meat extract.

## Turnips au Gratin.

Peel thinly eight or nine medium-sized young turnips, cut them into slices, and wash them. Drain them thoroughly. Melt two ounces of butter in a stew-pan, when hot put in turnips and stir over a brisk fire, season with pepper and salt, moisten with a little stock and cook till tender. Rub half through a sieve as purée. Arrange the slices on the purée in a well buttered gratin or pie dish. Sauce over with a well reduced béchamel sauce, sprinkle the surface with fine bread-crumbs and grated cheese, adding a few tiny bits of butter here and there. Bake in a sharp oven for about ten minutes, long enough to nicely brown the top.

## Spinach Soufflé.

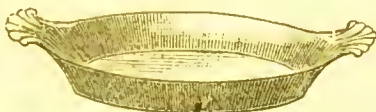
*(Soufflé d'Épinards au Gratin.)*

Pick, wash and boil a pound of freshly picked spinach, drain it and rub through a fine sieve. Melt an ounce of butter in a small stew-pan, stir in half-ounce of flour, cook it whilst stirring, but do not let it take colour, add a little stock or water and work vigorously with a wooden spoon over the fire till it resembles a smooth paste; next add half-gill of cream, work again, and lastly put in the spinach purée. Season to taste with salt, pepper, and nutmeg. When thoroughly mixed stir in half-ounce of grated cheese. Butter a large china soufflé case, sprinkle the inside with grated cheese, and fill with

the mixture. Cover the top with grated cheese mixed with an equal quantity of fresh bread-crumbs. Place a few tiny bits of butter on top of each, and bake in a very hot oven for about fifteen minutes. Dish up and serve at once.

### Cauliflower au Gratin.

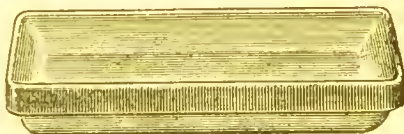
(*Chou-fleur au gratin.*)



Wash and trim a cauliflower and boil it in fast-boiling slightly salted water till tender. When done, drain well and shape it neatly. Have ready some white sauce (*béchamel*), well seasoned and mixed with same grated cheese. Butter a gratin dish and put on it a table-spoonful of this sauce. Upon this place the cooked cauliflower (head upwards). Sauce over completely with white sauce, besprinkle the surface with bread-crumbs and grated cheese. Place a few tiny bits of butter here and there on top and bake in a very hot oven for about fifteen minutes, so as to brown it nicely.

### Nouilles au Gruyère.


Prepare  
Nouille  
paste, made  
with 4 oz.  
flour,  $\frac{1}{2}$  oz.  
butter, and  
1 egg. Roll



out the paste as thinly as possible.

Cut the nouille paste rather finely, and sprinkle into fast-boiling salted water, and cook for about ten minutes; drain, and reheat with an ounce of butter. Add 1 gill of hot *béchamel* sauce with 1 oz. of grated Gruyère cheese. Season with pepper and nutmeg, and put in a gratin dish. Sprinkle over with more grated cheese and a few brown bread-crumbs; pour over a little oiled butter on top. Bake a pale brown in a hot oven or under a hot salamander, and serve hot.

### Macaroni au Gratin.

Blanch and cook in salted water half a pound macaroni or spaghetti ; when done, drain them in a colander or sieve, and let cool. The macaroni may, if liked, be cut into short pieces. Heat up an ounce of butter in a stew-pan, put in the cooked macaroni, season with salt and pepper to taste, also a good pinch of Krona or paprika pepper, and moisten with a gill of good white sauce. Mix carefully, so as not to mash the macaroni, with an ounce of grated cheese. Pile this neatly in a buttered gratin dish, pour over a little more white sauce if needed, then sprinkle over with grated cheese and bread-crumbs, also a little oiled butter, and bake in a sharp oven for ten minutes. 

### Italian Macaroni Pie.



Cut half to three-quarters of a pound of cold beef or mutton into thin slices, peel and slice thinly half an onion, slice likewise three or four firm but ripe tomatoes, and boil till tender quarter-pound of macaroni cooked in slightly salted water. Cool and drain the macaroni and cut it up rather small. Line a buttered baking dish with macaroni and range the meat, onion and tomato slices in layers on the baking dish. Season with salt, pepper and nutmeg, pour over a little sauce or stock and cover the top with macaroni. Sprinkle over some bread-crumbs and grated cheese, then bake for about thirty minutes in a hot oven.

### Italian Risotto.

Wash in cold water half-pound of Patna or Carolina rice, dry it well and put it in a casserole stew-pan containing two ounces melted butter. Stir this over the fire for a few minutes with a half

small finely minced onion ; the latter must not be allowed to brown. Now add about half a pint of stock and let reduce, then add half a pint of tomato pulp, and more stock. Continue to cook whilst stirring. Season with salt, pepper and a handful of chopped pimientos. Lastly add about an ounce of grated Parmesan cheese. Nearly all the moisture must become absorbed by the time the rice is cooked.

### Eggs en Cocotte.

Butter six or eight little cocotte pans, put a dessert-spoonful of fresh cream into each. Break carefully as many fresh eggs, placing one into each pan containing the cream. Sprinkle over a little salt and pepper to season, then cook in a fairly hot oven for about six minutes, by which time the eggs should be sufficiently set. Dish up and send to table hot.



### Eggs à la Rouennaise.

Prepare a purée of ham mixed with a little foie-gras and well seasoned with rich brown sauce. Put a table-spoonful of this into as many previously buttered soufflé cases as may be required. Heat them up in the oven and place a neatly trimmed poached egg on top of the purée. Pour a little hot white sauce over each egg and besprinkle with a little finely chopped ham. Dish up and serve hot.



### Egg Coquilles with Spinach.

Have six or eight very small coquille or marmite pots, or china soufflé cases, butter them and put a table-spoonful of prepared and seasoned spinach in each ; upon this put about a dessert-spoonful of cream. Break a fresh egg in each, season with pepper and salt, and



bake carefully in a moderately heated oven for eight minutes. Dish up and serve quickly.

### Baked Stuffed Tomatoes.

*(Tomates farcies.)*

Chop finely four<sup>7</sup>ounces of cooked cold ham, one ounce of beef-suet or fat bacon, and three or four mushrooms. Mix these with one teaspoonful of chopped parsley ; add a grate or two of lemon rind. Fry these ingredients in a little butter, then season and moisten with a beaten egg. Remove the stalks from four large ripe but firm tomatoes, wipe them and<sup>1</sup>cut each in halves. Scoop out some of the pulp which may, if liked, be mixed with the stuffing. Put enough of the mixture in each half of tomato to completely fill them ; sprinkle the top with bread-crumbs, and put a small piece of butter in the centre of each. Put them on a buttered fireproof dish and bake in a fairly hot oven for about twenty minutes.

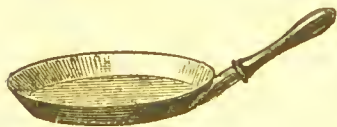
### Baked Curried Tomatoes.

*(Tomates au gratin à l'Indienne.)*

Blanch six to eight tomatoes, remove the skins, and place<sup>5</sup> them in a deep fireproof dish (previously buttered). Mix half a pint of tomato sauce with a dessert-spoonful of curry paste and a table-spoonful of red currant jelly ; boil up for five minutes. Season the tomatoes, and pour over them the prepared sauce. Sprinkle with grated cheese, Panurette or bread-crumbs, and a little oiled butter. Bake in a hot oven for fifteen minutes. Fry a few slices of streaky bacon, place these on top of the dish, serve with a small dish of plain boiled rice.

### Plain Omelet.

Beat up four fresh eggs and season with salt and pepper. Melt in an earthenware omelet pan three-quarters of an ounce of butter ; when hot pour in the beaten eggs and stir over the fire till they



begin to set. Then shape into an oval at one end of the pan, folding in the ends. Allow it to set and take colour, and turn out into a hot dish.

### Kidney Omelet.

*(Omelette aux Rôgnons.)*

Skin two sheep's kidneys or half a small veal kidney, cut it into thin slices, season to taste, and fry with one ounce of butter blended with a very small chopped shallot; add a little brown sauce and keep hot. Beat five eggs together with two table-spoonfuls of milk; season with salt and pepper. Melt one ounce of butter in an omelet pan, pour in the omelet mixture, and stir it over the fire until it begins to set; then put in the stewed kidneys and fold in the ends of the omelet. When nicely brown slip the omelet on to a hot dish, pour a little hot tomato or brown sauce round the base of the dish, and serve at once.

### Mushroom Omelet.

*(Omelette aux Champignons.)*

Wash and peel three or four fresh mushrooms, chop them and fry in half an ounce of butter, blended with a small chopped shallot. Season with salt and pepper to taste and keep hot. Prepare a plain omelet, when ready to fold put the mushroom purée in the centre, then fold in the ends and allow the omelet to take colour. Turn it out on to a hot dish and serve.

### French Bean Soufflé.

Take 1 pint  
cooked French  
beans, 3 oz.  
flour, 1 egg, 1  
gill milk, 1 white  
of egg, 1 egg, 2  
oz. butter, sea-  
soning, nutmeg,  
chopped parsley.

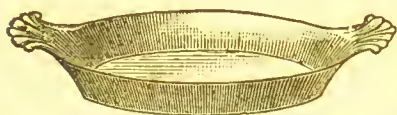


Cut the beans into short pieces, and sauté them in the butter; sprinkle over 1 table-spoonful

chopped parsley. Season, and put them in a buttered soufflé dish. Make a batter with the flour, milk and egg. Work in lastly the stiffly whisked white of an egg. Pour this on the beans, and bake in a quick oven for about twenty minutes. Dish up, and serve hot.

### Tomato Omelet à la Viennoise.

Whisk up four or six fresh eggs in a basin, season with salt and pepper and pour the eggs into a well buttered fireproof soufflé dish. Bake in a fairly hot oven till the omelet is



set and of a nice golden brown. Make an incision in the centre of the omelet and fill the cavity with a tomato stew, which is made as follows: Peel three or four small ripe tomatoes; } this is best done by dipping each into hot water for a few seconds. Then cut them into quarters and toss in a little butter over a quick fire. Season with salt and paprika pepper and use as directed.

This omelet should be served in the dish or pan in which it is baked.

### Cornflour Soufflé.

Take 1 tablespoonful of cornflour, 2 eggs,  $\frac{1}{2}$  pint of milk, 1 oz. of castor sugar, flavouring essence.

Mix the cornflour with a little milk, put the rest on the fire to boil in a casserole, sweeten with sugar, and add the mixed cornflour; stir all over the fire until it boils again; beat up the yolks of eggs and add to the mixture. Whisk the whites of eggs to a stiff froth, stir these gently into the mixture, add three drops of almond, vanilla, or lemon essence; pour into a buttered shallow fireproof dish, and bake for about fifteen minutes in a fairly hot oven. Dredge with sugar, and serve quickly.



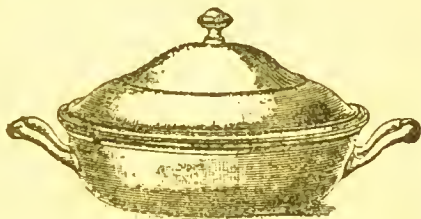
## Vanilla Soufflé.

Take 1 oz. butter,  $\frac{3}{4}$  oz. flour, 1 gill of milk, 1 dessert-spoonful of castor sugar,  $\frac{1}{4}$  tea-spoonful of vanilla essence, and 4 eggs.

Melt the butter, stir in the flour, add the milk and cook until it leaves the sides of the pan clean. Then take it off the fire, and add the yolks of eggs, one at a time, beating the whole well together. Add also the sugar, the vanilla essence and the stiffly whisked whites of eggs. Turn into a china soufflé dish, and bake for about 40 minutes. Place the soufflé dish on another hot dish and send to table immediately.

## Pears en Cocotte.

8 stewing pears,  $\frac{1}{2}$  lb. loaf sugar, 1 gill water,  $\frac{1}{2}$  pt. apple purée, 1 French roll cut in small dice, 2 slices bacon, lemon rind, angelica, 2 whites of eggs, 1 oz. castor sugar,  $\frac{1}{2}$  oz. cake crumbs.



Make a syrup of the sugar and water. Peel the pears round, and flavour with lemon rind, leaving on a small piece of stalk, and stew gently in the syrup until tender. Fry the croûtons of bread in a little brown fat, and add to the apple purée, also cake crumbs. Place this mixture in a fireproof dish, and then the pears, stalk upwards. Whisk the whites of eggs stiffly, put it in a forcing pipe round the pears, dredge with castor sugar, and ornament with rings of angelica. Brown in a hot oven for about five minutes and serve in the dish.

## Baked Custard.

Take 4 eggs, 1 pint milk, and 2 table-spoonfuls castor sugar. Break the eggs separately into a basin, add the sugar, beat thoroughly, add the milk by degrees, pour into one large, or several

small china soufflé dishes, grate over a little nutmeg, and bake slowly in an oven till well set, then dish up and serve.

### White Sauce (quickly made).

Melt an ounce of butter in a small casserole, stir in half-ounce of Brown & Polson's cornflour; when smooth moisten with half-pint of milk and stir the mixture over the fire till it boils. Cook from eight to ten minutes. Season to taste, and serve.

To make a richer sauce add two table-spoonfuls of thick cream and re-heat without letting the sauce boil again.

### Béchamel Sauce.

Melt one ounce of butter in a small casserole, stir in one ounce of flour (bare weight), and cook for a few minutes without browning. Then add half a sliced carrot, half a small onion stuck with a clove, half a bay-leaf and a small blade of mace, and dilute with one gill of good white stock and half a pint of milk. Stir till it boils and let simmer gently for about twenty minutes to half an hour. Strain the sauce, season to taste, and use as required.

### Tomato Sauce.

Slice three to four small ripe tomatoes and fry them in a casserole with four ounces of raw ham or bacon cut into dice, and one ounce of butter. Then add a few slices of carrot, onion and a very little celery, a small bay-leaf and a blade of mace. Next add half a pint of brown sauce or béchamel, also a few mushroom trimmings, if handy, and cook gently for twenty minutes or longer, adding a little stock, if found too thick. When done, strain and season to taste.

### Brown Sauce.

Take  $\frac{3}{4}$  pint brown stock, 1 small onion, 1 carrot, 1 ripe tomato, 1 oz. of butter or dripping,

1 oz. of flour, 1 dessert-spoonful of mushroom ketchup, 1 teaspoonful of vinegar, salt and pepper.

Peel and chop the onion, scrape and slice the carrot and slice the tomato. Melt the butter or dripping in a casserole, when hot add the flour, then all the vegetables, and fry a little, stir over the fire until nicely browned ; now add the tomato, vinegar, ketchup, and stock, stir until it boils, skim well, and allow to simmer for about half an hour. Strain and season to taste.

### Curry Sauce.

Peel and slice a small onion, scrape and slice a small carrot, fry both together in half-ounce of butter ; when the onion has acquired a light brown colour, add one table-spoonful of good curry powder, and stir for a few minutes. Next add a small peeled and chopped apple, moisten with half a gill of tomato pulp, and a gill of brown sauce, allow to boil for a few minutes. Season to taste and pass it through a fine strainer. Re-heat and stir in last of all a finely chopped gherkin. Use as required.

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# *Paper-Bag Cookery.*

## The Bag.

In order to prevent any possibility of the paper-bag breaking or bursting, either before or after being placed in the oven, the following directions are offered :

Select the size bag which will conveniently hold the food intended to be cooked in it. It must not be too large or too small.

Examine the bag carefully to see if there is the slightest rent or break. If so, paste over with white of egg or a paste made with flour and water. The least hole in the bag is certain to increase in size when placed in a heated atmosphere, thus causing loss of gravy or juice from food.

Cut, saw, or trim off all projecting sharp bones of joints of meat, etc., also fins, or protruding edges from any food that are likely to tear the paper, before placing it in the bags.

Before using the bags they must be well greased inside with butter, dripping, lard, or olive oil. This will render them extra grease-proof as well as air-proof, which is very essential to the success of cooking by this process.

When once the food material necessary for the dish has been placed in the bag, fold the end (the opening) several times, and fasten with one or more wire-clips, or else with small, thin, wooden skewers, so as to seal hermetically the bag. It is a good plan to fold in also the corners at the bottom of the bag to ensure against leakage.

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London, S.W.



## The Oven.

The oven in which the food is to be cooked should in the first place be *well* heated for about ten minutes before required for use. To ascertain correct heat a cooking thermometer should be used. If this is not available, use a piece of thin white paper, or else throw a little flour on the top shelf. If it turns quickly a light brown, the oven is hot and is right for the first cooking stage. The average oven heat maintained during cooking should never be less than 220 nor more than 330 degrees Fahrenheit.

As proving the economy of heat-power effected by paper-bag cookery, it only needs to be remarked that the average heat of 220 degrees required for this method is nearly 80 degrees less than needed (in ordinary baking) for mutton, 90 degrees less than for beef or poultry, and 120 degrees less than for cakes and pastry.

## The Cooking Process.

The paper-bag, when filled with the food and ready for cooking, must be placed in the oven on a so-called grid shelf, such as is usually provided in gas cooking stoves. In the case also of coal heated stoves which have solid shelves, use a wire grid or a good sized trivet ; put this on the shelf and place the bag containing the food on it.

After the first fifteen or twenty minutes—that is, when the cooking has sufficiently advanced—the heat of the oven must be slightly reduced until the food is quite cooked and tender. A time-table is appended for those not sufficiently acquainted with the exact time required for cooking the various kinds of food.

## Time=Table.

The following table gives the average times when food should be tender and fit to serve :

*Fish* (flat).—Allow from 10 to 15 minutes to the pound.

*Fish*, small fillets (sole or whiting).—From 8 to 10 minutes.

*Meat* (beef and mutton).—20 minutes to the pound.

*Meat* (veal and pork).—25 minutes to the pound.

*Meat* (stews).—About 45 to 60 minutes.

*Duck*.—From 40 to 50 minutes.

*Chicken*.—From 30 to 45 minutes.

*Fowl* (large).—From 40 to 60 minutes, according to size and age.

*Duckling*.—From 35 to 40 minutes.

*Turkey*.—From 2 hours to 2 $\frac{3}{4}$  hours, according to size ; if not stuffed allow a little less time.

*Goose*.—From 1 $\frac{3}{4}$  hours to 2 $\frac{1}{2}$  hours, according to size.

*Pigeon*.—From 15 to 20 minutes.

*Game* (small birds).—From 15 to 20 minutes.

*Pheasant*.—From 25 to 40 minutes, according to size.

*Partridge*.—From 15 to 30 minutes, according to size.

*Quail*.—From 10 to 12 minutes.

*Grouse*.—From 15 to 25 minutes, according to size.

*Sausages*.—About 10 minutes.

*Bacon* (sliced).—About 10 minutes.

*Kidney and Liver* (sliced).—About 8 minutes.

*Vegetable Stews*.—From 25 to 30 minutes.

*Potatoes and Carrots* (sliced).—From 25 to 30 minutes.

*Pastry, Rissoles, and Patties*.—From 15 to 20 minutes.

*Milk Puddings*.—From 15 to 20 minutes.

*Eggs*.—About 6 minutes.

## General Hints.

The system of paper-bag cookery may be adopted with advantage in the case of small joints, chickens (whole or cut up into the usual joints), small birds, pigeons and other meat stews, ragouts, etc., various kinds of fish, notably cod, salmon, turbot, and halibut (cut in slices), sole, whiting, mullet, mackerel, herrings, haddock, etc., all kinds of game, partridge, grouse, etc., certain vegetables, such as potatoes, mushrooms, tomatoes, broad beans, vegetable

marrow, etc., also cakes and pastry, milk puddings, meat and fruit pies.

When cooking milk puddings in paper-bags the pudding must be made in the ordinary way in a shallow pie-dish. This is then slipped in a paper-bag, carefully folded at the end and fastened with clips, and then placed on a grid in the oven.

*Note.*—*The times given for cooking are only approximate, as so much depends on the heat at which the oven is uniformly maintained. Successful results must of course be a matter of experience.*

### Baked Herrings.

Remove the heads from three or four fresh herrings. Split them open, and take out the backbones. Season the inside with salt and pepper, and dip them in a little milk, and dredge with Scotch oatmeal. Melt some fat and with it brush over the prepared herrings. Then place them side by side in a paper-bag, fasten the end, and cook on a wire grid or a perforated shelf in a hot oven for about 10 minutes. Dish up and serve.

### Fillets of Mackerel.

Procure two good-sized mackerel, wipe them, and carefully remove the fish from the bones. Place the fillets thus obtained in a deep dish, season with salt and pepper and a little lemon juice, then pour over a table-spoonful of vinegar, and add a few thinly cut slices of carrot and onion, and one bay leaf; cover the dish and allow to stand for about half an hour. Take up the fish and drain on a cloth; put the cut vegetables in a well buttered grease-proof paper-bag, and upon them place the fillets of fish, skin downwards, then brush over with a little oil or butter. Fold over the end of the bag, fasten with clips, and cook in a quick oven on a grid or trivet from 8 to 10 minutes. Take out the bag, remove the fish on to a hot dish, put a little neatly shaped parsley butter on top of each, garnish with thin slices of lemon and sprigs of parsley, and serve.

### Parsley Butter.

Mix 1 oz. of fresh butter with a teaspoonful of chopped parsley, a salt-spoonful of chopped mixed tarragon and chervil, a teaspoonful of lemon juice and a pinch of salt and pepper. Spread on a plate, put on the ice, and shape into pats when quite firm.

### Cod Steak with Ham.

Procure two slices of cod, each weighing from half to three-quarters of a pound. Wipe it and place on a buttered dish. Prepare a mixture of bread-crumbs, savoury herbs, and parsley, and bind it with a little beaten egg. Place this upon each slice of fish and season with salt and pepper. Put a slice of raw ham or lean bacon on top of each, then place the fish in a well greased paper-bag, fold the end and fasten with clips. Put the bag on a grid shelf in a fairly hot oven. Bake for about 20 minutes. Dish up, and, if liked, pour round some anchovy sauce and serve.

### Skate.

Procure the skate skinned, cut into strips and twisted into rings. Skinning skate is a rather difficult operation; it is therefore advisable to get it ready skinned from the fishmonger. Put the fish into a well buttered paper-bag, with enough salted water to just cover it; add a bay leaf, a few slices of onion, and a dessert-spoonful of vinegar. Fold the bag and fasten with wire clips, then place it on a wire grid in a moderate oven, and cook for about 20 minutes. Take up the fish and drain, and put it on a hot dish. Pour over a little hot butter and some chopped parsley, garnish with slices of lemon and serve.

### Fillets of Plaice.

Remove the fillets from a medium-sized plaice, cut each fillet in two, season with salt and pepper, and sprinkle over a little lemon juice, fold each fillet in two or roll up (skin inwards). Put a small piece of butter on top of each, and place carefully in a buttered paper-bag, fasten the ends with clips,

and cook for about 10 minutes on a wire grid in a hot oven. Cut open the bag and lift out the fish carefully on to a hot dish. Garnish with sprigs of parsley, and serve.

### Stuffed Haddock.

Wash, scale, and wipe a good-sized fresh haddock ; remove the eyes. Prepare a stuffing with two table-spoonfuls of chopped suet, two table-spoonfuls of bread-crumbs, half teaspoonful of herbs, one teaspoonful of chopped parsley, and season with salt and pepper. Moisten the stuffing with half an egg. Stuff the body of the fish and sew up the opening, or simply fold in ends. Brush it over with beaten egg, and sprinkle over some browned bread-crumbs, and place a few very small pieces of dripping, wrap carefully in greased paper-bag, fold the end and fasten with wire clips, and place on a wire grid in the oven. Bake in a fairly hot oven from 25 to 30 minutes, according to size of fish. Dish up, remove the string, and serve.

### Fillets of Codling.

Cut the fillets neatly from a small-sized codling, cut each fillet in two, season with salt and pepper and sprinkle over a little lemon juice. Put a small piece of butter on the top of each fillet, and place carefully in a well buttered paper-bag, fold in twice, fasten the ends with clips, and cook for about 10 minutes on wire grid in a hot oven.

### Fillets of Haddock.

Procure a large haddock, remove the fillets, and skin carefully ; wipe them with a cloth, squeeze over a little lemon juice, then dredge both sides with seasoned flour (flour mixed with salt and pepper). Sprinkle over with clarified butter, and place the fillets in a well buttered paper-bag, fold in the ends and fasten with clips, then cook on a grid shelf in a hot oven from 10 to 12 minutes. Take up the fish, range on a hot dish, put a small pat of anchovy butter on top of each fillet, garnish with sprigs of parsley, and serve.

### Grilled Sole.

Skin a large sole, cut off the head, trim it, and brush it over with oil or melted butter. Place it in a well greased paper-bag, put it on the gridiron, and grill it over or in front of a brisk but clear fire. The bars of the gridiron should be slightly greased before laying on the fish. It will take about 10 minutes to cook, more or less according to size. Slit the bag open, remove the fish carefully, and put it on a hot dish; garnish with a few slices of cut lemon and parsley. If liked, the sole may be first dipped in flour before being grilled.

Note.—A little parsley butter (*maitre d'hôtel* butter) spread over the fish before serving is a great improvement.

### Fried Fillets of Sole.

Remove the skin and fins from the two soles, cut off the head portion, dip the fish fillets in milk and then in flour. Put them in a well buttered paper-bag with about 2 oz. of clarified butter, fold in the end of the bag and fasten with clips, place on a wire grid, and cook in a very hot oven for about 20 minutes. Turn the bag twice during the cooking process. Take up the fish, drain, and dish up, garnish with quarters of lemon and sprigs of parsley, and serve.

### Souchet of Fish.

This can be made of flounder or sole, or any other kind of white fish. If soles are used they must be skinned on both sides. Trim the fish and wipe it thoroughly. Peel one small onion, half a small turnip, a small carrot, and cut each into thin slices, then into fine julienne strips. Put the fish with the vegetables in a well buttered paper-bag, the fish should be put between the vegetables, add as much salted water as may be required to well moisten the fish (half to three-quarters of a pint). Fold in the bag and fasten with clips, turn up the corners and put it carefully on a grid shelf into a moderate oven. It will take about half an hour to 40 minutes to cook the fish and vegetables.

Take out the fish, put it on a hot dish, and sprinkle over the vegetables and a little stock; sprinkle over some chopped parsley, and garnish with sections of lemon; serve with a plate of thinly cut brown bread and butter.

### Broiled Salmon Steak.

Obtain two or three slices of salmon about half an inch thick, season with salt and pepper, and brush over with olive oil, then place them in a well oiled paper-bag. Fold over the end of the bag, fasten with clips, and place it on a grill over or in front of the fire, or in the oven on a grid shelf, and cook for about 10 minutes. When done slit open the bag and place the cooked fish neatly on a hot dish; garnish with parsley; squeeze over a few drops of lemon juice, and serve hot.

### Paupiettes of Turbot.

Bone about 2 lb. of turbot (thin end) and remove the black skin, cut the fish into eight portions, flatten each piece with a wet cutlet bat, then cut into even-sized fillets about the same size as fillets of soles, flatten each again and trim a little, season with salt and pepper. Chop finely a peeled shallot, also three sprigs of parsley, six preserved mushrooms, and mix with half of a pound whiting forcemeat; spread this on one side of each prepared fillet and roll up neatly. Butter some strips of white paper and roll up each fillet in paper. Arrange them closely in an upright position in a well buttered paper-bag, moisten with a little white wine and mushroom liquor, then fold in the end of the bag, and fasten securely. Now place the bag on a grid shelf in a hot oven and cook from 20 to 25 minutes. Take up the bag carefully, remove the paper, and range the fish neatly on to a hot dish.

### Red Mullet à la Maître d'Hôtel.

Procure three or four fresh red mullet, wipe them with a damp cloth, and make three or four incisions across each fish with a sharp knife. Put the fish on a dish, pour over three or four table-

spoonfuls of salad oil, season with salt and pepper, and let them stand thus for about one hour.

Put the mullet in a well buttered paper-bag, fold in the ends and fasten with clips, then place on a grid shelf in a hot oven, and cook for about 25 minutes. Put the fish on a hot dish, place a little parsley butter on top, and serve.

### Steamed Whiting.

Skin two or three small whiting, treat them the same as for frying, and curl up. Place them in a well buttered paper-bag, season with salt and pepper, and sprinkle over each a little lemon juice. Fold over the end of the bag and fasten with clips, then cook for about 15 minutes on a grid shelf in a hot oven. Take the fish out of the paper-bag, place it on a hot dish, garnish with quarters of lemon and sprigs of fresh parsley, and serve.

### Fried Whiting.

Cut off the fins of three or four whiting, skin them (commencing at the head), take out the eyes, and put the tail through the mouth. Dredge each with flour and season with salt and pepper, next brush over with beaten egg and roll in bread-crumbs. Have ready a well oiled or thickly buttered paper-bag, put in it the fish with about 2 oz. of clarified butter, fold in the end of the bag and fasten with clips. Place the bag carefully on a wire grid in a very hot oven, and cook for about 15 minutes. Dish up, garnish with parsley and lemon, and serve hot.

### Whiting à la Meuniere.

Procure two, or more, medium-sized whittings; skin them the same as for frying; season with salt and pepper, and dip in flour; brush over with beaten egg, then slip each fish carefully into a well buttered paper-bag, and pour a teaspoonful of clarified butter over each fish. Fold over the end of the bag and fasten with clips; place on a grid in the oven and cook from 10 to 12 minutes, according to the size of the fish. To serve, slit



open the bag and place the fish on to a hot dish, pour over the butter remaining in the bag, sprinkle over a little lemon juice and some finely chopped parsley, and serve hot.

### Herring Roes on Toast.

Place six to eight herring roes in a well buttered paper-bag, sprinkle over a finely chopped shallot, and about half an ounce of oiled butter, also a teaspoonful of lemon juice. Fold the bag and fasten the end with clips, then place it on a grid shelf in a hot oven and bake for about 8 minutes. Mix 1 oz. of anchovy paste with about half an ounce of butter and spread over two slices of toasted bread; cut this into convenient pieces about the size of the roes. Take up the roes, put each on a piece of prepared toast; garnish with sprigs of parsley, and serve.

### Fillets of Bloater with Cheese.

Skin two large-sized bloaters, split them down the back, remove the bones, brush over the fillets thoroughly with oiled butter, and place them in a greased paper-bag; cover the surface with grated Parmesan or Gruyère cheese, fold in the end of the bag, and place on a grid shelf or trivet in a hot oven for about 10 minutes. Slit open the bag and take out the fish carefully. Have ready some hot buttered pieces of toasted bread, cut these in convenient pieces, put a bloater fillet on each, dish up, garnish with parsley, and serve.

### Trout à la Royale.

Clean two trout, weighing about a pound each; wash, drain, and wipe the fish; knead a tablespoonful of flour with 2 oz. of butter, a dessert-spoonful of chopped parsley, and a teaspoonful of anchovy paste; mix well and put the mixture evenly divided inside the trout; season with salt and pepper, and sprinkle over a little lemon juice. Have ready a well buttered paper-bag, lay in it the trout, and add a gill of water, a little mushroom liquor or a little claret; close up the bag

securely, fasten with wire clips, and place on a grid shelf in a fairly hot oven; cook for about 20 or 25 minutes. To serve, cut open the bag, and place the fish carefully on a hot dish, pour the sauce round the base; garnish with slices of lemon and sprigs of parsley and serve hot.

### Curried Prawns.

Skin about fifty prawns; if preserved ones are used, soak, wash and drain them first; sprinkle over a small minced onion and about 2 oz. of oiled butter; next, dredge over a little flour, one dessert-spoonful each of curry powder and desiccated cocoanut, then moisten with half a pint of milk; season to taste with salt and pepper, and the juice of half a lemon. Put all carefully in a well buttered paper-bag, place it on a grid shelf in the oven and cook for about 20 minutes in a moderate heat. Dish up the prawns with the sauce in the centre of a border of boiled rice.

### Creamed Oysters.

Remove the beards from a dozen large oysters; stir the liquor into a basin containing a yolk of egg and a dessert-spoonful of cornflour, to this add a little lemon juice and half a gill of cream or milk, season with salt, pepper, and nutmeg; cut each oyster in two and put them with six sliced mushrooms in a well buttered paper-bag, pour in also the prepared liquid; close up the bag securely with clips, put it on a wire grid in a moderately heated oven and cook for about 12 minutes. Dish up the oysters, pour over the sauce, sprinkle some chopped parsley on top, and garnish with slices of lemon and sippets of toasted bread; serve hot.

### Breaded Oysters.

Remove the beards from twelve large oysters; drain them on a cloth, and egg them carefully, then roll in fresh bread-crumbs; put them in a thickly buttered paper-bag with about two table-spoonfuls of oiled butter, close up the bag securely, and cook on a grid shelf in a hot oven for about 8 minutes.

## Roast Joints.

Trim the meat, if necessary, and cut off any projecting bones, as these often cause the paper-bags to burst, wipe it with a cloth, then weigh the joint. Allow from 20 to 25 minutes to each pound of meat. Veal and pork require a little more time than beef or mutton, as the former should always be well done. Dredge the cut side of the joint with flour, seasoned with salt and pepper. Have ready the correct size of paper-bag, select it rather too large than too small, so that there is no possible chance of its breaking when the joint is put in. After spreading a little dripping or butter over the meat, put it in a well greased paper-bag. Fasten the end, after folding it, with several wire clips. Next place it on a grid shelf in a hot oven and cook till tender. When done, open the bag and dish up the meat. Serve with gravy.

The time required for cooking depends upon the size and weight of the joint ; it is safe to allow about 20 minutes to every pound. For other information on this point the time table found on pages 53 and 54 should be consulted.

## Gravy for Roast Meats.

Pour any fat found in the bag whilst warm into a basin, which keep for future use. Put a little hot water or stock into a basin containing the liquor from the roast meat, stand it in the hot oven, and add a little "Bisto" or gravy salt. This will colour the gravy. Season with pepper and salt, and strain over the meat on the dish. When the joint is cut some of its juice will run out and will improve the gravy already in the dish.

## Chops and Steaks.

These can be successfully cooked in paper-bags. Wipe the meat and trim off some of the fat, if found necessary. Chops should be skewered to keep them in shape. Season with salt and pepper and brush over the chops or steaks with oiled butter. Put them in a well greased paper-bag, place on a grid shelf in a hot oven and cook for about 15 or 18

minutes, according to the thickness of the meat. A little parsley butter, that is, butter mixed with salt and pepper, lemon juice, and chopped parsley, should be put on the meat when dished up. There is usually a little gravy in the bag in which chops or steaks are cooked. This should be poured over the meat.

### Pork Sausages.

Divide a pound of sausages and prick them with the prongs of a fork, then put them side by side into a well greased paper-bag ; close it up and fasten with clips. Place on a wire grid and cook in a fairly hot oven for about 15 minutes.

### Mutton Cutlets.

Cut the best end of neck of mutton into neat cutlets, flatten each, and trim neatly. Season with salt and pepper, and place in a well buttered paper-bag, fold in the ends, fasten with clips, and cook in a fairly hot oven on a grid shelf from 12 to 15 minutes.

### Mutton Cutlets with Tomatoes.

Flatten slightly and trim neatly six or more mutton cutlets, season each side with salt and pepper, and place a slice of tomato upon each. Sprinkle over with chopped parsley and chives, then put the cutlets carefully into one or more buttered paper-bags, place in a very hot oven on a grid or trivet and cook from 12 to 15 minutes. To serve, cut open the paper-bag and take out the cutlets carefully, arrange them on a dish, garnish with sprigs of parsley, and send to table.

### Mutton Rolls.

Cut about one and a half pounds of lean mutton (shoulder or leg) into slices about three inches long, season with pepper and salt, and besprinkle one side with chopped capers and parsley, then roll up with a small piece of sheep's kidney and fasten on skewers ; brush over with oiled butter, and enclose them in a greased paper-bag, fasten securely, and put on a grid shelf or trivet in a hot oven ;

cook for about 35 minutes. Open the paper-bag, take out the meat, remove the skewers, and dish up the meat rolls neatly on a hot dish. Serve with piquante sauce, and with potato purée as an accompaniment.

### Veal Cutlets.

Procure about four or five veal cutlets from the best end of the neck of veal. Flatten with a cutlet bat, then trim the sides neatly and scrape the bones clean, season each with salt and pepper. Melt about half an ounce of butter, and add to it about a teaspoonful of finely chopped parsley, one small peeled and finely chopped shallot, and a little lemon juice. Brush over each side of the cutlets with this, then place them side by side into a thickly buttered paper-bag, fold in and fasten the ends, then put the bag on a grid shelf or trivet and cook in a hot oven from 18 to 20 minutes. Slit open the bag, and arrange the cutlets neatly on a hot dish, garnish with parsley and quarters of lemon, and serve with a sharp tomato or piquante sauce.

Note.—If liked, a few finely cut slices of streaky bacon can be cooked at the same time as the cutlets. These can be placed on top of the cutlets, or may be cooked in a separate bag.

### Veal Steak with Mushrooms.

Procure a thick fillet or steak cut from the leg-part of veal and flatten with a bat. Brush over both sides with the cut side of a lemon, then season with salt and pepper. Put a thinly cut slice of gammon on top, then place into a well buttered grease-proof paper-bag, fold over the end and fasten with clips. Place in a very hot oven on a grid shelf or trivet, and cook quickly for the first 5 or 6 minutes, allowing altogether from 12 to 15 minutes, according to the thickness of the meat. To serve, slit open the paper-bag and carefully take out the steak, place on a hot dish together with the slice of gammon. Round the dish range neatly some broiled cup mushrooms, or baked tomatoes, and send to table hot.

This dish is particularly nice if served with kidney potatoes.

### Veal Olives with Tomato Sauce.

Cut into rather thin slices about  $1\frac{1}{2}$  lb. of lean veal (loin, neck, or cushion part). Shape them into ovals and flatten out the ends by means of a cutlet bat, chop the meat trimmings very finely together with 2 oz. of cooked ham and a few preserved mushrooms. Mix this with a tea-spoonful of chopped parsley, 1 oz. of soft bread-crumbs, and moisten with a beaten egg, season with salt and pepper, and stir well. Spread one side of the veal slices with a layer of this mixture and roll up each, tie with a piece of very thin string or twine, and place them in a well buttered paper-bag, previously lined with thinly cut slices of bacon, a sliced carrot and onion (the latter may, if liked, be previously fried with a little butter). Lastly, add about a gill of stock, half a gill of well reduced tomato sauce, and a small glass of claret or sherry. Fold the open end of the bag carefully and fasten with clips, then put it on a grid shelf in a fairly hot oven to cook for about 35 minutes; by this time the meat and stuffing should be quite tender. Remove the bag from the oven, slit it open, and take out the meat rolls, remove the string, dish up the meat, and strain the sauce over.

### Beef Rolls or Olives.

Proceed the same as directed for veal olives, only substituting lean beef (rump steak or top side) for veal.

### Steamed Chop.

Procure two or three mutton or lamb chops and trim each neatly, cutting off the superfluous fat, fold in the ends and fasten with a skewer, then season with salt and pepper, and spread over each side with butter. Place the chops in a well buttered paper-bag with a few slices of onion and carrot, and, if liked, a few pieces of celery, and also three table-spoonfuls of water. Close up the end of the bag and fasten with clips, then cook on a grid or trivet in a hot oven for about 25 minutes. Slit open the bag, take out the chops and remove the

skewers, arrange the chops on a dish, pour over any liquor found in the bag, sprinkle over a little chopped parsley, and serve hot.

A dish of mashed or fried potatoes should accompany this dish.

### Haricot Mutton.

Soak, over-night, half a pint of haricot beans in tepid water. Cut about  $1\frac{1}{2}$  lb. of neck or loin of mutton into chops or cutlets, trim off the projecting bones, and season with salt and pepper; sprinkle about a table-spoonful of flour over the meat. Put it, with the beans, in a well buttered paper-bag, adding also three-quarters of a pint of stock or water, a teaspoonful of Tarragon vinegar, one of Worcester sauce, a small peeled onion, and a peeled carrot cut in four. Fasten the end of the bag securely, turn in the four corners, and place it on a grid shelf in a fairly hot oven; cook for about 45 minutes. Dish up the stew, with the haricot beans, and serve hot.

### Irish Stew.

Wash and peel a pound of potatoes, cut them into thick slices, peel and slice two onions, next divide about  $1\frac{1}{2}$  lb. of scrag end of mutton into neat even-sized pieces, removing some of the superfluous fat. Place half the potatoes in a greased paper-bag, lay the meat and onions on these, sprinkle over sufficient salt and pepper to taste, add sufficient water to moisten the ingredients, and lay the rest of the potatoes on top. Fold the end of the bag with two or three clips so as to keep it closely shut during the process of cooking. Now put the bag on a grid or perforated shelf in a hot oven and cook for about 60 minutes at moderate heat. Shake the bag occasionally. Put the contents of the bag on a hot dish, sprinkle over a little finely chopped parsley, and serve.

### Stuffed Sheep's Heart.

Wash, wipe, and trim the heart, make a stuffing with one peeled and chopped onion, two table-

spoonfuls of bread-crumbs, one teaspoonful of chopped sage, and half a teaspoonful of sweet herbs ; season with salt and pepper, and fill the heart with it ; put some slices of bacon over the stuffing. Wrap the heart securely in greased paper, tie round with string, or put it in a greased paper-bag, and bake in a hot oven for about an hour, or less, according to the size of the heart. A little stock or water may be added to the meat if liked, this will serve as gravy.

### Cold Meat or Rechauffé Dishes.

Left over cooked food reheated in paper-bags will be found decidedly better than when warmed up by the old way. This is due to the fact that all the essential juices of the meat are retained instead of being, to a great extent, dissipated, as is the case by the old-fashioned pot and pan method.

### Washed Meat.

Cut some cold meat, beef, mutton, lamb, or pork into fairly thin slices, and proceed to cook them in the same manner as directed for minced meat.

### “Express” Mixed Grill.

This dish requires some nicely grilled or toasted bread, allowing one slice for each person, also half a fillet of kippered herring free from bones, half a pork sausage, and a slice of streaky bacon thinly cut. Cook these separately or together, according to the quantity, in a well buttered paper-bag. Close up the end of the bag and fasten with clips, then place it on a grid in a fairly hot oven and cook from 6 to 8 minutes. Butter the pieces of toast, place on each a fillet of kipper, a slice of bacon, and half a sausage. Dish up, sprinkle over with a good pinch of Paprika, garnish with sprigs of parsley, and serve hot.

### Oxford Duck.

Bone half a small shoulder of mutton and lay it open, spread with sage and onion stuffing, roll



and tie it up in a neat shape. Put it carefully into a well greased paper-bag, large enough to hold the joint, and bake about  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hours, according to the size. Remove the meat from the bag on to a hot dish, pour off the liquid into a basin, add a little hot water, and season with "Bisto" or gravy salt, and serve with the meat.

### Sage and Onion Stuffing.

This is made by mixing the following ingredients in a basin :—Four small peeled, boiled, and chopped onions, 2 oz. of boiled (mashed) potatoes, 2 oz. of bread crumbs, and a tea-spoonful of powdered sage, season with salt and pepper, and use as above directed.

### Toad-in-the-Hole.

Sift 4 oz. of flour into a basin, add salt and pepper to taste ; beat up an egg and pour it into the centre of the flour, stir with a wooden spoon, adding gradually a gill of milk ; then beat the batter well. When quite smooth add another gill of milk. Skin half a pound of sausages and cut them in halves ; if cooked meat is used cut it into small squares. Place the meat in a greased shallow pie dish, pour over the prepared batter, put the dish in a paper-bag, and bake for about half an hour. Remove the dish from the bag and send it to table.

### Loin of Pork à la Robert.

Bone half a small loin of pork and remove the rind if liked. Peel and chop finely two shallots, mix these with half ounce of butter and a table-spoonful of flour, also a peeled ripe tomato cut up very small. Put this mixture inside the loin and fold in the end, and season the meat with salt and pepper, now put it in a paper-bag with a gill of stock or water, close up the bag securely, and put it on a grid shelf and cook for about  $1\frac{1}{2}$  to  $1\frac{3}{4}$  hours in a fairly hot oven. Put the meat on a hot dish, mix the sauce formed in the bag with a little hot water and pour round the base of the pork, and serve.

### Ham and Eggs.

Cut thinly the required number of rashers of ham or gammon ; trim off the rind, and enclose them in a paper-bag, and cook for about 6 minutes on a grid shelf in a fairly hot oven. Now take out the bag, and with a pair of scissors cut out the centre portion of the paper. Carefully break three new-laid eggs on top of the ham, put the bag back in the oven and cook for another 3 minutes ; then slide out the ham and eggs by means of a slice or skimmer on to a hot dish, and serve.

### Roast Chicken.

Cut the legs, close to thigh, of a chicken, well trussed for roasting ; spread over the breast part a layer of butter or dripping, then put it in a buttered paper-bag, fold in the end and fasten with clips, cook it on a grid shelf in a fairly hot oven for about 40 minutes ; this is the time a moderate sized fowl will take. Take up the bird, remove the skewer and string and put it on a hot dish ; prepare some gravy as directed for roasted meat ; garnish with watercress, and serve with bread sauce.

### Boiled Chicken.

Careful cooks have always boiled fowls and chickens by previously wrapping them up in buttered paper ; but boiling them in paper-bags is more convenient, and certainly cleaner. Procure the bird to be boiled ready trussed for boiling ; rub the outside with a cut lemon, then put it in a well buttered paper-bag with a sliced onion, a piece of celery, a small peeled onion stuck with a clove, and a small bunch of herbs, parsley, etc. ; add also about a pint of salted water ; fold in the bag and fasten well with wire clips, or, if preferred, tie up the end with string. Put it on a grid shelf in a moderately heated oven for about an hour, or less, according to the size of the bird ; serve the chicken on a hot dish with its gravy or liquor.

## Chicken Livers with Fine Herbs.

Wash, clean, and drain a dozen chicken livers, cut each in half, and season with salt and pepper. Sprinkle over a teaspoonful of 'chopped parsley, a small peeled and chopped shallot, a dessert-spoonful of flour, and half an ounce of melted butter. Put all into a buttered paper-bag with a gill of stock, seal up, and place it on a wire grid and cook in a well heated oven for about 10 minutes. Dish up, garnish with sippets of toasted bread, and serve hot.

## Chicken with Rice.

Pick and wash the rice, parboil, drain on a sieve, and keep till required. Cut a chicken into neat joints, trim each slightly, and season with salt and pepper, also a grate of lemon rind. With the carcass prepare a stock seasoned with vegetables—carrot, turnip, and onion—then strain. Put the partially cooked rice into a thickly buttered grease-proof paper-bag, upon this place the pieces of chicken, and cover with more rice, moisten with about a gill of stock; fold in the ends of the bag and fasten with two clips; place the bag on a grid or trivet in a fairly hot oven, and cook from 45 to 50 minutes. Take out the bag, slit it open, place the pieces of chicken on a deep dish, range the rice neatly round in the form of a border; garnish with slices of lemon and sprigs of parsley and serve hot.

## Spatchcock of Chicken.

Truss a young chicken the same as for roasting, then split it down the backbone, the breast part being left whole. Spread out flat and skewer the legs, brush over with oiled butter, place it in a buttered bag, and cook it on a grid in a hot oven for about half an hour. When done, take out the chicken, remove the skewers, and season it with salt and pepper. Serve on a hot dish, and place a few small rolls of fried bacon, cooked separately in a paper-bag, round the dish, and garnish with watercresses.

### Curried Chicken.

Cut a chicken, ready trussed for cooking, into small joints, trim each piece, as directed for fricassée of chicken, season with salt and pepper, sprinkle over the prepared pieces a table-spoonful of flour, a dessert-spoonful of curry powder, and a dessert-spoonful of desiccated cocoa-nut ; enclose this in a well buttered paper-bag, adding a gill of milk and a gill of stock or water. Close up the bag and fasten with wire clips ; place it on a grid shelf and cook carefully in a moderately heated oven for about 35 to 40 minutes. When done, slit the bag, arrange the cooked chicken neatly on a hot dish and pour over the sauce ; squeeze a few drops of lemon juice over, and serve with plainly cooked rice.

### Roast Duck.

Proceed the same as directed for roast chicken, allowing a little longer to cook, but omitting the bread sauce.

### Stuffed Roast Duck.

Prepare a savoury banana stuffing as follows :—Peel six or eight ripe bananas and chop rather coarsely, season well with salt and pepper, and add half a breakfast-cup of white bread-crumbs, a beaten egg, chopped parsley and savoury herbs to taste, mix the whole well, and stuff the body of a duck trussed for roasting ; enclose it in a paper-bag, and proceed to cook it as stated for roast chicken, allowing about 45 to 50 minutes to roast. The delicate flavour of the bananas will glve a delicious aroma to the duck when cooked with this stuffing.

### Roast Pheasant.

Pick, <sup>and</sup> draw, and truss a pheasant, tie a piece of fat bacon over the breast, spread over a little butter or dripping, and enclose it in a buttered paper-bag ; cook it on a grid shelf in a fairly hot oven for about 35 minutes, or longer, according to the size of the bird ; dish up, and garnish with

watercress ; serve with bread sauce, and chipped potatoes.

### Roast Quail.

Truss the quails, cover the breast of each with a vine leaf and larding bacon, and enclose them in a buttered paper-bag, fasten the end with clips, and cook in a fairly hot oven on a grid shelf for about 10 minutes. Serve the quails on pieces of toasted bread ; garnish the dish with watercress, and send to table with a little nicely seasoned gravy.

### Roast Grouse.

Proceed the same as directed for roast pheasant, and allow about 20 or 25 minutes for roasting the birds.

### Grouse with Bacon.

Singe, draw, wipe and truss two fine grouse, split them in two through the back without separating the breast part ; lay them on a dish and season with salt, pepper, and a table-spoonful of olive oil, then drain ; skewer them and dredge with flour. Next put them in a greased paper-bag, fasten the end securely, and place on a wire grid in a hot oven ; cook for about 15 minutes or less. Have ready some toasted bread, put it on a hot dish ; on this range the cooked grouse, and spread some *maitre d'hôtel* butter on top. Garnish the dish with six thin slices of broiled bacon, also cooked in a paper-bag, and serve.

Note.—Partridges, pigeons, young chickens, and other small birds can be cooked in the same way.

### Roast Partridge.

Pick, draw, singe, and truss a brace of partridge, cover the breast portion of each with a thin slice of fat bacon, and put about a teaspoonful of seasoned butter in the body of each bird. Enclose them in a buttered bag, fasten the end with clips, and put it on a grid shelf in a hot oven, cook for about 20 to 25 minutes ; serve the same as roast quail.

### Roast Pigeon.

Proceed the same as directed for roast pheasant, allowing about 15 or 20 minutes to cook them in a fairly hot oven.

### Stuffed Bordeaux Pigeon.

Truss a Bordeaux pigeon the same as for roasting, cut it in half, and wipe each half thoroughly with a damp cloth ; flatten on a board and fasten each half with a skewer. Soak a handful of bread-crumbs with a little milk, then mix with two pork sausages previously skinned, add a little chopped herbs, and mix thoroughly with a beaten egg ; spread this over the halves of pigeon, then brush over with oiled butter ; place in a well buttered paper-bag, seal the ends, and bake for about 25 minutes ; slit open the bag, take up the pigeon, remove the skewers, and dish up the cooked pigeon on a hot dish ; serve with green peas.

### Roast Venison.

Take a loin of venison, trim it neatly, remove the skin, and spread the under part with about 2 oz. of butter mixed with a table-spoonful of flour, a little Worcestershire sauce, and a crushed clove of garlic or shallot. Fold over the flap end of the meat, dredge with a little flour, and put the joint in a thickly buttered paper-bag, fasten it securely, place it on a grid in a fairly hot oven, and cook for about  $1\frac{1}{2}$  to  $1\frac{3}{4}$  hours. When done, take up the meat and put it on a hot dish ; pour the liquid in the bag into a basin, and add to it some very hot water, season with salt and pepper, and flavour, if liked, with a little port wine ; strain, and serve with the venison.

Leg or haunch of venison is treated similarly, but requires longer to cook. Venison should always be well done.

### Roast Rabbit.

Take one rabbit, 1 oz. of chopped beef suet, two table-spoonfuls of bread-crumbs, half a teaspoonful of chopped parsley, one egg to bind, and eight

small rolls of bacon. Wipe and truss the rabbit for roasting ; fill the body with stuffing made with the chopped suet, bread crumbs, parsley, a teaspoonful of savoury herbs, and sufficient egg to bind, season with salt and pepper ; sew up or skewer the opening, spread some dripping or butter over the rabbit, and place it in a bag, fold and fasten the opening securely with clips. Put the bag on a wire grid in a hot oven, and cook from  $1\frac{1}{2}$  to  $1\frac{3}{4}$  hours. Cook the rolls of bacon separately in a paper-bag. Remove the rabbit from the bag, take out the string and skewers and put it on a hot dish, pour over the gravy from the bag, and put the rolls of bacon round the base of the dish.

### Vegetable Marrow.

Peel thinly one or two vegetable marrows, cut each in half longways, and remove the seedy portion ; then cut into three or four pieces, place these in a well-buttered bag, with sufficient seasoned water, and close up the bag securely. Put it on a grid in a moderately heated oven and cook for about 18 minutes.

### Stuffed Vegetable Marrow.

Peel a good-sized vegetable marrow, cut it in half lengthways, remove the seeds from the centre, then cut each half crossways. Prepare a stuffing in the usual way with two table-spoonfuls of finely chopped beef suet, two table-spoonfuls of chopped ham, one teaspoonful of chopped parsley, two table-spoonfuls of bread crumbs, and bind with a beaten egg. Fill the cavities of the marrow with the prepared stuffing, sprinkle over a few bread-crumbs, and distribute a few tiny bits of butter on top. Place the prepared marrow in a well buttered paper-bag with very little water or stock, fold in and fasten the ends well, place on a grid shelf or trivet in a well heated oven, and cook for about 40 minutes ; slit the bag open, take out the marrow, dish up neatly, and serve hot.

Cucumber can be cooked in the same way.

### Fried Bananas.

Choose firm, not over-ripe, bananas, peel them, and cut each in half lengthways ; dip in milk and then in seasoned oatmeal. Brush over the inside of a paper-bag with clarified butter or olive oil. Put in a layer of thinly cut bacon and over these the bananas ; sprinkle a little clarified butter over the bananas ; close up the bag and fasten with clips ; bake on a grid shelf for about 15 minutes. Take up the bananas, season them lightly with Krona or paprika pepper, dish up, garnish with slices of fried bacon and slices of lemon, and serve.

### Bananas with Bacon.

This makes an excellent breakfast dish. Take six bananas, not over ripe, peel them, and cut each in half lengthways ; season with salt and pepper, and put each half on a slice of streaky bacon. Place these in a well buttered paper-bag, fasten the ends securely as above directed, and bake in a hot oven for about 12 minutes or longer ; it will not spoil.

### Bananas and Cream.

Put six green bananas, together with half a gill of cold water, into a well buttered bag, place it on a wire grid into the oven and cook for 10 minutes. Unfasten the bag, peel the bananas and put them on a hot dish. Pour over half a gill of cream mixed with one yolk of egg ; season with salt and pepper and serve.

### Carrots à la Vichy.

Wash and scrape four or eight carrots and cut them into very thin slices, season with salt and pepper and mix with an ounce of clarified butter and a gill of stock or water flavoured with "Lemco." Put all into a well buttered paper-bag, close it up and fasten with wire clips ; place it on a wire grid in a moderately heated oven and cook from 25 to 30 minutes. Slit the bag open, and put the carrots with the liquor on to a hot dish, sprinkle over some finely chopped parsley, and serve hot.



### Kidney Potatoes.

Wash and peel thinly about a pound of small kidney potatoes, plunge them into slightly salted boiling water for a few minutes, then drain on a cloth. Next, place the potatoes into a thickly buttered grease-proof paper-bag and bake them on a grid or trivet in a brisk oven for about 25 minutes. Test the potatoes with a skewer, and when found done open the bag, add a good pinch of fine salt to the potatoes, also a little chopped parsley and a tiny piece of fresh butter. Shake the contents well, then dish up the potatoes and serve.

### Baked Potatoes.

Wash and scrape, or peel thinly, 1 to 1½ lb. of new potatoes; parboil them for a few minutes in salted water, then drain, sprinkle over with oiled butter, and put them into a buttered grease-proof paper-bag. Fasten the bag securely and place on a grid or trivet in a hot oven, and bake for 25 or 30 minutes.

### Castle Potatoes.

Wash and peel the required number (about 1 lb. or 1½ lb.) of small, even sized potatoes, cut each in four, and trim neatly into sections, then blanch and drain. Have ready a thoroughly oiled paper-bag, place in the prepared potatoes, season with salt and pepper, and pour over about 2 oz. clarified butter. Close up the end of the bag, fasten with clips, and place on a wire grid in a hot oven. When done, open the bag, take out the potatoes, place them on a hot dish, sprinkle over with finely chopped parsley, and serve.

### Tomatoes with Bacon.

Remove the stems from six or eight ripe but firm tomatoes, wipe them and dip each in hot water for a few minutes, then skin carefully. Cut half a pound of bacon into thin slices, bat out each slice, and roll up half a tomato in each, after having seasoned them with salt and pepper and sprinkled over a little chopped parsley. Place care-

fully in a greased paper-bag, fold over the end of the bag, and fasten with clips or large pins, then put it on a grid shelf in a hot oven and cook for about 15 minutes. Break or slit the bag, put the contents carefully on a hot dish, and serve.

### Stuffed Tomatoes.

Take six firm, ripe, even sized tomatoes, cut off the tops ; scoop out the insides, rub the pulp through a fine wire sieve ; with this prepare the stuffing, adding 2 oz. of fresh butter, three table-spoonfuls of bread-crumbs, six finely chopped preserved mushrooms, and a little chopped parsley or chives ; season with salt and pepper. Stir the mixture, and bind with two yolks of eggs and a little cream. Fill the tomatoes with the stuffing thus prepared. Place them side by side in a well buttered paper-bag, close it up securely, put it on a wire grid, and bake in a hot oven for about 15 minutes. Dish up the tomatoes, and serve hot.

### Baked Tomatoes.

Cut six tomatoes into halves, season them with pepper and salt, and sprinkle bread-crumbs over them, put small pieces of butter here and there on them. Place them in a buttered paper-bag, close it up securely, put it on a wire grid, and bake in a fairly hot oven for about 20 minutes. Dish up the tomatoes, and serve hot.

### Stuffed Mushrooms.

Take about a pound of mushrooms, wash, drain and skin them, and cut off the stalk end. Stuff each mushroom with a layer of forcemeat made the same as for roulade of veal. Pour a little oiled butter on top of each, and place in a buttered paper-bag, fold in the end of the bag and fasten with clips, and cook in a fairly hot oven for about 8 minutes on a grid shelf.

### Mushrooms with Ham.

Peel about half a pound of fresh mushrooms, cut off the stalks, then wash, and drain them on a

cloth, season with salt and pepper. Next, cut thinly a few slices of ham, place them in a buttered paper-bag with the mushrooms, pour over a little oiled butter, fold in the ends of the bag and fasten securely, then put it in a hot oven on a grid shelf or trivet, and cook for about 15 minutes. Take up, slit the bag, and dish up the mushrooms and ham carefully; sprinkle over a little chopped parsley, and serve hot.

### Butter Bean Croquettes.

Soak 1 pint of butter beans in water for several hours, and cook them in salted water until they can be easily mashed, press them through a sieve; heat up  $2\frac{7}{8}$ oz. of butter in a stewpan, add the beans, and season with salt and pepper and a very little powdered sage. Shape the mixture like small sausages, dip in egg and oatmeal or bread-crumbs, and place them side by side in a grease-proof paper-bag, after being thoroughly greased with clarified butter; close up the bag and fasten the end with clips, then put it on a grid shelf or wire tray in a fairly hot oven, and cook for about 18 minutes. Take up the croquettes, put them neatly on a dish; garnish with parsley and lemon, and serve hot.

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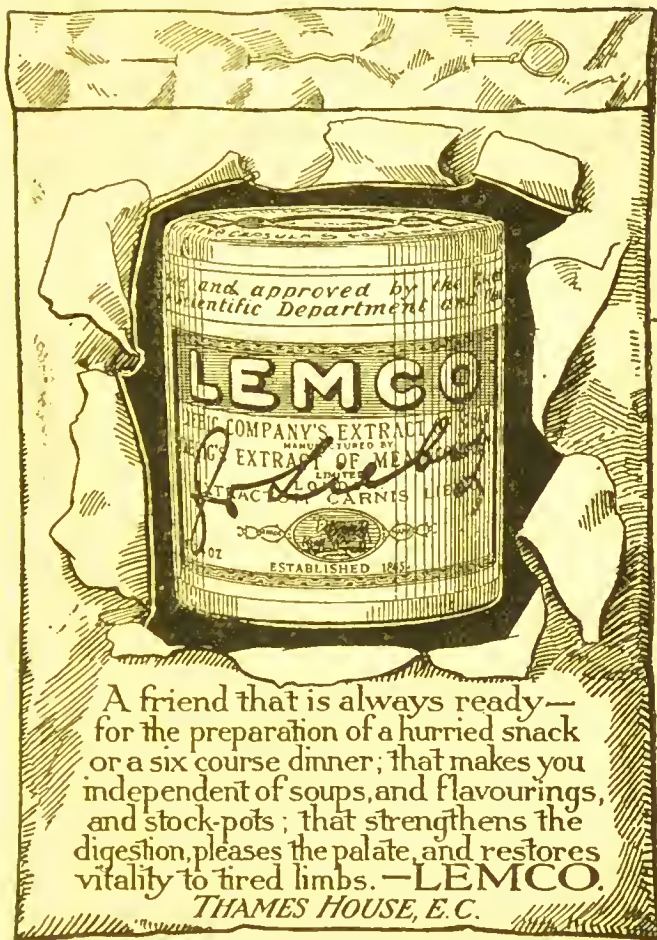
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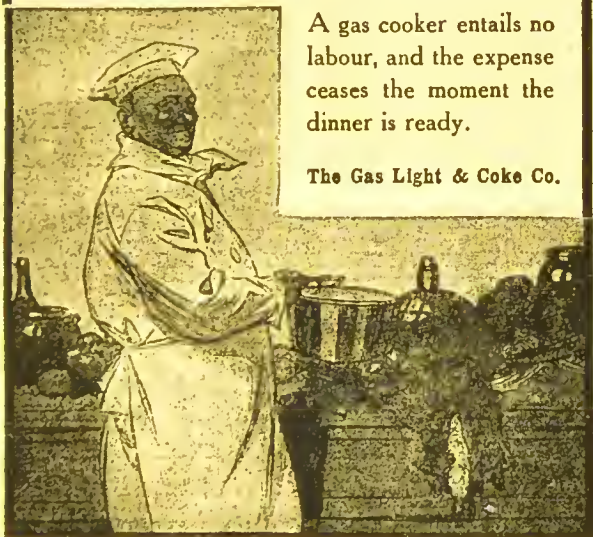
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